

BBC

June 2017
DHS15 | QR15

goodfood

Middle East

The Ramadan issue

ARABIAN DELIGHTS

Pizza gets a
local twist

Rye pizza topped
with honeyed figs

SLOW COOKER SPECIALS

Mexican braised lamb,
Spanish chicken &
Arabic vegan tagine

NEW INTERVIEWS, RECIPES, TRAVEL & ADVICE

Meet chef Yannick Alléno • Visit Abu Dhabi • Hydration,
health & fitness • Restaurant recommendations



CPI MEDIA GROUP
CPIMEDIAGROUP.COM

Publication licensed by
Dubai Production City, DCCA



www.bbcgoodfoodme.com



لَمَّة العيلة، يعني بيت مقلوب.
سيبيها علينا.



glade

Mr
MUSCLE

pledge

Welcome to June!

More than any other time of year, this month we celebrate the Middle East's rich heritage, beliefs and traditional values. Ramadan is a time for respect, appreciation and reflection for all we're blessed with, and in celebration, here at *BBC Good Food Middle East* we're taking the opportunity to learn a little something new about authentic Arabic cuisine – with exciting recipes and recommendations to get you started too!



If you're looking for somewhere special to experience the breaking of fast at Iftar, we've put together a selection of some of our favourite venues across pages 14 – 16. Both Iftar and Suhoor are fantastic cultural affairs for sharing quality time with loved ones over an Arabian feast with delights such as succulent dates, slow-cooked lamb ouzi (braised lamb on spiced rice), and moorishly good umm Ali (similar to bread pudding).

Or if you fancy it, try your hand at creating a traditional Arabic menu at home. Start with a selection of homemade meze (p36), followed by a punchy vegan tagine or a honeyed fig topped pizza with rye base (p63). For mains, try the beets and carrots with cumin and haydari (p69), or braised lamb with slaw (p60). Not forgetting a slice of banana and chocolate bundt cake with peanut caramel drizzle to finish (p48).

In this issue we also catch up with world-renowned chef Yannick Alléno, and famed *Take That* star Gary Barlow, in addition to exploring fabulous food in Abu Dhabi and various regions of France.

I hope this issue helps you to discover new culinary delights on offer this Ramadan, and as always, continue to embrace new flavours, ingredients and cooking methods.

Ramadan Kareem to all,

Sophie
Editor

WHAT WE'RE LOVING!



"This masala mackerel recipe is packed with flavour," says sales executive, Liz.



Sales director, Michael says: "These courgette, jalapeno and feta nachos are perfect for snacking on!"



"This mint chutney, barbecued lamb and potato salad dish is easy to make and bursting with great tastes", Froilan.



EDITORIAL
EDITOR: Sophie McCarrick
sophie.mccarrick@cpimediagroup.com
ONLINE EDITOR: Emma Hodgson
emma.hodgson@cpimediagroup.com

ADVERTISING
DIRECTOR OF SALES: Michael Phillips
SALES MANAGER: Carol Owen
SALES MANAGER: Liz Smyth

bbc.sales@cpimediagroup.com

MARKETING
Isabelle Mills
marketing@cpimediagroup.com

DISTRIBUTION & SUBSCRIPTIONS
Rajesh Nair
rajesh.nair@cpimediagroup.com

PRODUCTION
James Tharian

DESIGN
Froilan Cosgafa IV

ONLINE
Aiya Naingue

PHOTOGRAPHER
Maksym Poriechkin

FOR OTHER ENQUIRIES, PLEASE VISIT:
www.bbcgoodfoodme.com

FOUNDER CPI MEDIA GROUP
Dominic De Sousa
(1959-2015)

PRINTED BY
Emirates Printing Press LLC, Dubai

PUBLISHED BY



Head Office:
Media City, Building 4, Office G-08
Dubai, United Arab Emirates, PO Box 13700
Tel: +971 4 440 9100
Fax: +971 4 447 2409
Email: info@cpimediagroup.com

A publication licensed by Dubai Production City, DCCA

© Copyright 2017 CPI Media Group. All rights reserved.
While the publishers have made every effort to ensure the accuracy of all information in this magazine, they will not be held responsible for any errors therein.

www.cpimediagroup.com

BBC Worldwide UK Publishing

DIRECTOR OF EDITORIAL GOVERNANCE: Nicholas Brett
PUBLISHING DIRECTOR: Chris Kerwin
PUBLISHING COORDINATOR: Eva Abramik
UK.PUBLISHING@BBC.COM
WWW.BBCWORLDWIDE.COM/UK-ANZ/UKPUBLISHING.ASPX

Immediate Media Co Ltd

CHAIRMAN: Stephen Alexander
DEPUTY CHAIRMAN: Peter Phippen
CEO: Tom Bureau
DIRECTOR OF INTERNATIONAL LICENSING
AND SYNDICATION: Tim Hudson
INTERNATIONAL PARTNERS MANAGER: Anna Brown

BBC Good Food ME magazine is published by CPI Media Group under licence from BBC Worldwide Limited, 101 Wood Lane, London W12 7FA.
The BBC Blocks are the trade mark of the British Broadcasting Corporation. Used under licence (C) Immediate Media Company Limited. All rights reserved. Reproduction in whole or part prohibited without permission.

38



Contents

✦ Starters

4 YOUR SAY

We love hearing from you, so why not write to us with your views and comments.

6 NEWS NIBBLES

The latest food news from the region and around the globe.

12 FLAVOURS OF THE MONTH

The best restaurant offers and events happening in the region this month.

18 TRIED & TASTED

We review three of the city's top tables.

20 YANNIC ALLENO

He's one of the world's most well-known advocate's of health-driven French cuisine. We meet with him to hear more.

✦ Home cooking

25 STAYING HYDRATED

Top tips on staying hydrated during the Holy Month of Ramadan.

26 NUTRITIOUS JUICING

Fruity juicing recipes to try at home that are packing with nutritious goodness.

28 RAMADAN GIFTING

Looking for the perfect present to give to a loved one this Ramadan? Look no further.

33 PUT AN EGG ON IT

Brilliantly easy breakfast recipes - all using eggs, in the most delicious of ways.

36 HOMEMADE MEZE

Set the table with traditional homemade Arabic meze this Ramadan.



48

38 SEASONAL GREENS

Make the most of seasonal produce with these delicious recipes.

48 IFTAR DELIGHTS

Treat your guests to a section of unique dishes at Iftar this year.

56 VEGAN TAGINE

An easy to make tagine made with veggies only.

58 SLOWCOOKER SPECIALS

Short on time? These hearty recipes involve throwing all ingredients into a dish, and that's it!

62 GET CREATIVE WITH FIGS

Welcome figs into your kitchen this month; sweet or savoury, they work wonders!

68 STAR INGREDIENT: BEETROOT

Scrumptious recipes all dedicated to showcasing beautiful beetroot.

74 BELLA PASTA

We take a trip to Italy to discover authentic pasta recipes to try at home.



88

* Gourmet lifestyle

86 MY LIFE ON PLATE: GARY BARLOW

We all know him as the lead singer of Take That, but here we learn about his favourite foods.

88 STAYCATION: ST. REGIS ABU DHABI

Take a trip to the capital to discover culinary delights on offer at St. Regis Abu Dhabi.

92 LA ROCHELLE, FRANCE

Beat the heat this summer and take a European getaway to enjoy gourmet goodies in France.

97 EUROPEAN CHEESE

Take a cheese tour around the French regions of Burgundy and the Rhone-Alpes.

102 TASTE NEW ZEALAND COMPETITION: ROUND 3

Ten professional chefs go head to head in the kitchen to win the title Taste New Zealand Chef of the Year 2017.

* Competitions



105 A luxury two-night stay at Al Ain Rotana.

107 Two-night stay at Marriott Hotel Al Forsan, Abu Dhabi.

108 Dining vouchers, kitchen goodies and more up for grabs.

Our recipe descriptions

V Suitable for vegetarians.

❄ You can freeze it.

❄ Not suitable for freezing.

Easy Simple recipes even beginners can make.

A little effort These require a bit more skill and confidence – such as making pastry.

More of a challenge Recipes aimed at experienced cooks.

Low fat 12g or less per portion.

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

GLUTEN FREE Indicates a recipe is free from gluten.

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork.

A Contains alcohol.



Thank you BBC Good Food ME for your feature called 'The Seasoning Journey' in May's issue. I'm quite bad for opting for pre-made seasonings, purely because I don't know what goes with what, but having read your article about different types of seeds, salt and pepper, I now know how to season like a pro (or so I like to think!). Please keep up the informative features.

Julia Baxter



After reading your travel recommendations last month, I just had to write in to let you know that my husband and I have booked to go to Budapest and Lisbon next month. We are so excited and can't thank you enough for the inspiration. These destinations hadn't crossed our minds – but now we're rearing to go! If you have more travel recommendations, please let us know (especially if they are budget friendly)!

Radwan Sahari



Win!

The Winner of the Star Letter gets a **DHS 1,000 Shopping Voucher from Tavola**, The leading retailer of European products and essential items for kitchens. Tavola is a one-stop shop for bakeware, tableware, high quality cookware and premium brands such as Mauviel, Le Creuset, and Zwilling Kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.

STAR LETTER





During the blessed Holy Month, I must reach out and give thanks to you for providing so many great recipes, which really make special moments like breaking fast with my loved ones that much more precious! The last issue was full of really flavoursome recipes that I've been preparing to share with family and friends at Iftar this Ramadan. A favourite for everyone so far has been the Arabic harissa lamb with labneh and chickpeas – so very delicious. This is a recipe I will continue to use for years to come. Ramadan Kareem, BBC Good Food ME and all readers.

Yousra Al Obaidi



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:     @bbcgoodfoodme

Or, you could write to us at: The Editor, BBC Good Food Middle East, Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.



AL HABTOOR CITY
الحبتور سيتي

Ramadan Bazaar at Seasonal Tastes, The Westin Dubai, Al Habtoor City!

Enjoy an exclusive Iftar Bazaar in a spectacular and memorable dining setting at Seasonal Tastes this Ramadan with friends, family and loved ones. Savour the exquisite international dishes prepared by our expert chefs using the finest organic seasonal ingredients in the ambiance of a night-time market and dip into the various stalls amidst our six live cooking stations. Our freshly squeezed juices from the signature juice bar and desserts will keep the tradition going for the entire month of Ramadan.

AED 185 for Iftar
From sunset to 11pm

Seasonal Tastes, The Westin Dubai, Al Habtoor City

T +971 4 435 5577

E AHC.Dining@Starwoodhotels.com

www.westindubai.alhabtoorcity.com

#WestinDubaiAHC

seasonal
tastes



NEWS *nibbles*

What's hot and happening in the culinary world, here and around the globe.



ZERO WASTE SNACKS

Potato peel crisps

Here's a way to make crisps seem a little virtuous. Make your own at home with what we often see as food waste – potato peelings. Drizzle the peelings with a bit of oil and toss in your favourite herbs and spices, or sprinkle with sea salt and malt vinegar. Roast in a hot oven (200C/180C) for 25-30 mins and these scraps will become your snacking saviour.

VISIT A RAMADAN FRIDGE THIS MONTH

To help those less fortunate during the Holy Month, the community-led initiative 'Ramadan Sharing Fridges' has been re-launched. At present, more than 60 fridges have been set up and registered across Dubai – a number that continues to grow with support from the local public.

Launched last year by a Dubai resident who set up a fridge to distribute food and beverage donations to those in need, the campaign took off, with hundreds of others volunteering to contribute.

At the moment, registered fridges are located across various Dubai communities, divided into 10 zones and over 12 communities. The zones cover most of the Emirate and are located in the following locations: Marina, Palm & Sufouh1; Sports City, Ranches; Emirates living – JVC and the Springs; Umm Suqeim and Jumeirah; Al Barsha, Al Quoz and Downtown; Meydan, Silicon Oasis; Garhoud to Mirdif; Old Dubai; Al Ghusais and Al Mizhar; Jebel Ali and DIP.

For food safety reasons, no hot and/or pre-prepared food is allowed in the fridges. However, items like bottled water, juice boxes, fresh fruit including apples, oranges, bananas, and pre-packaged/ready-to-eat goods make for great donations.

Visit the Facebook group called 'Ramadan/ Sharing Fridges in the UAE' for more information on how to contribute – it's a great concept to get the children involved in too!



THE BEST BITES



COFFEE FOR ANY TIME OF DAY

Whether you turn to coffee to put a spring in your step first thing in the morning, or to relax with as a soothing, hot drink in the evening, Nespresso has a capsule for all. Understanding that some people avoid drinking coffee at the end of the day, out of fear for being awake all night, Nespresso have launched a new blend called 'Ristretto Decaffeinato', an intensely roasted and rich in flavour coffee capsule.

Having tried the new blend, we can reveal that despite being caffeine-free, it still retains the same powerful punch and contrasting notes as the original 'Ristretto' blend. The coffee experts at Nespresso curated the latest launch with rich aromatic notes of green coffees in the blends, which are preserved during the decaffeination process. This process is designed to complement the coffee bean making it possible to maintain the strength and richness of its aromas.

Nespresso also offers a wide variety of caffeinated blends, including the Nespresso Grand

Crus Range, which features over 23 flavours from three gourmet aromatic families: intense, balanced and fruity. So, if you're not sure of your favourite coffee just yet, why not pick up a selection box and play lucky dip each morning?

All Grand Crus can be enjoyed espresso style, and with or without milk – and at the touch of a button with help from the Nespresso's 'Pixie Machine' (pictured).

The Pixie Machine (Dhs825), Ristretto Decaffeinato (Dhs27.50 for 10 capsules) and all others in the Nespresso Grand Crus Range are available from Nespresso boutiques across the Middle East, as well through orders from the Nespresso Customer Care Centres and online at buynespresso.com.



ALL SHAPES AND SIZES



The concept of 'wonky veg' finally hit UAE shelves last month, as the 'Naturally I'mperfect' range of oddly-shaped fruit and veg launched at Spinneys stores. Urging customers to love produce imperfections, the retailer's initial range of five wonky vegetables, includes tomatoes, cucumbers, potatoes, capsicum and eggplant at selected stores across Dubai. Despite being dubbed ugly veg, the collection offers the same nutritional value as regular produce and will retail at a cost of around 45 per cent less than conventional produce from the same sources, with prices starting from just Dhs2.75 per kg.

In addition to help save a bit of cash, the new range supports the campaign to reduce food wastage from farm to shelf. To minimise waste at a farm level, Spinneys is working closely with local producers to help increase sustainable production.

"Fruit and vegetables can grow unevenly for many reasons, including unusual and sometimes unpredictable weather conditions. They are still every bit as delicious, however, and we have decided to show this produce some love by welcoming it into the spinneysFOOD fruit and vegetable displays," said Martin Jorge Aguirre, Spinneys' Commercial Manager for Fresh Produce. Visit spinneys-dubai.com.



NEW FOOD SERVICE COMPANIES

Two new, health-driven food delivery services in Dubai you don't want to miss

Organic Press Eats by Hayley Mac - organic cold pressed juice company, Organic Press, has teamed up with vegan chef Hayley Mac to launch a new delivery food plan called #OPEats. With both entities well-known for their health-driven food, the new service will offer organic and plant based meal deliveries. Since 2010 Chef Hayley Mac has been at the forefront of the raw, vegan and organic food scene in Dubai. She said: "The boys at OP have made it possible for my food to be available all over the city!"

#OPEats has been carefully crafted to cater for everyone, with slow cooked as well as raw options available, and flexible plans offered for a little as once a week. All the food on the plan is fully organic and local where possible thanks to Greenheart Organic Farms.

The meal plan includes breakfast, lunch, dinner and a snack, plus two Organic Press juices and herbal tea. Visit organicpress.com/products/organic-press-eats-by-chef-hayley-mac.

Oscar and Jemima's - is a homegrown brand born from two dedicated foodies who met whilst following their passion for everything food and cooking whilst attending a diploma course at ICCA Dubai. Oscar and Jemima's is the region's first recipe only subscription-based website where you can sign-up for recipes for weekly family meals. These recipes are delivered to your inbox on a weekly basis just before the weekend, along with a link to a shopping list to download or print. Half way through the week you'll also receive suggestions for using leftovers. Oscar and Jemima's also offer a subscription for kids'

packed lunches, weekly menus, plus vegetarian and vegan dinners will launch shortly.

Georgie Morton, co-founder of Oscar and Jemima's commented: "As a working mum one of my daily struggles was trying to come up with family dinners. I was brought up in a family with a working mum who cooked all our meals and we sat down to home cooked dinners every night. This simple but important family tradition is fast disappearing and is one that we are passionate and dedicated to bringing back and we are hoping to do this by providing some weekly dinner inspiration at a minimal cost."

Oscar and Jemima's offer affordable, family-friendly recipes aimed at busy working mums for Dhs60 per month for 5 dinner recipes a week. Visit oscarandjemimas.com.

HEALTH NEWS

Veggie ways to omega-3

Omega-3 fats are beneficial for heart health, and the best source is oily fish. These are rich in long-chain fats, known as EPA and DHA, which have the most direct health benefits. But what can vegetarians eat to ensure they get sufficient omega-3 fats?

Plant-based sources include flaxseed (linseed), rapeseed oil and nuts like walnuts, pecans and hazelnuts, as well as soya and leafy green veg. Try including them in your daily diet and look out for foods that have omega-3 added to them, such as omega-3 rice bread, eggs and some spreads. If you still think your diet falls short, ask your doctor about taking a supplement. By Sarah Lienard.



RAMADAN KAREEM

from

LAKELAND



Discover 1000's of innovative products for your kitchen and home,
at your nearest Lakeland store and online.

LAKELAND

UAE - Dubai: Dubai Mall, Mall of the Emirates, Mirdif City Centre, Marina Mall • **Abu Dhabi:** Mushrif Mall, Al Wahda Mall, Dalma Mall
• **KUWAIT:** The Avenues • **QATAR:** Doha City Centre, Gulf Mall

visit us at www.lakeland.ae |   /LakelandGCC

A Jawad Business Group Enterprise. www.jawad.com



Summer market

This summer, residents can visit the Ripe Market indoors at Times Square Center, Sheikh Zayed Road, every Saturday from 9am to 3pm. On offer you'll find fresh pressed juice, shopping items, crafts, enjoy live entertainment, children's activities and of course the chance to pick up organic, local fruit and vegetables straight from Ripe Market's own organic farm as well as local farms from across the UAE. If you can't make it to Times Square Center, Ripe Market now also delivers across all seven Emirates with next day deliveries in Dubai and in Abu Dhabi (excluding Friday and Sunday in the Capital) if orders are placed before 2pm. Visit ripeme.com or call 04-315700.



A greener way to discard waste

Did you know that something as simple as kitchen waste can be utilised to help rejuvenate the earth? If you're wondering how, head to mygreenchapter.com, where you'll find a newly introduced range of Bokashi composting solutions – a unique indoor system that recycles your kitchen waste into organic compost conditioner within 3-6 weeks.

Waste material like fruit peels, vegetables and cat food can be collected in the bin, before 'Bokashi activator' is sprinkled on top of the waste and sealed with an airtight lid (so don't worry about unwanted smells or pests). This specialised activator ensures anaerobic fermentation of the products resulting in a liquid. The liquid is then drained from the bin and diluted for use as plant nutrients or for keeping drains odourless and clean. The leftover materials from the bin can be buried in your garden or balcony plants to condition soil, to optimise plant life.

Visit mygreenchapter.com.

Kids eat free

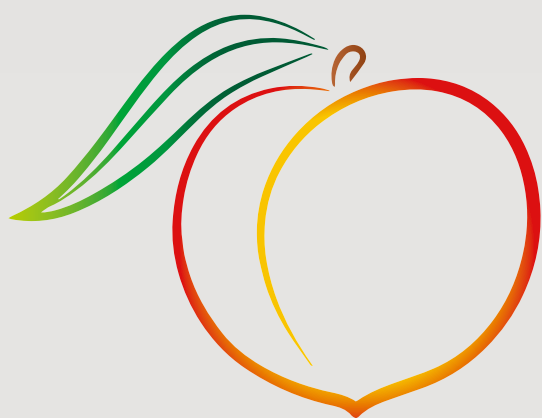
For Ramadan, Dubai Festival City has launched a new promotion called 'kids eat free'. Whether you're looking for an Iftar meal to share with the family or something indulgent for Suhoor, a bunch of restaurants at Festival City are offering a range of offers to help keep costs down. Participating restaurants include: London Fish & Chips (buy value meal and get free kids meal); TGIF (buy one main

course during Iftar and get free kid's meal); Galitos (buy Iftar platter and get two kids meals); Serendipity 3 (buy one main course and get one kid's meal); Fratelli (enjoy Iftar buffet and get free kid's meals); Nandos (buy one main course and get one kid's meal); Al Fanar (enjoy Iftar buffet and get free kid's meals); Tawasy (enjoy Iftar buffet and get two free kid's meals); plus many more. Visit festivalcentre.com.





ENJOY
IT'S FROM
EUROPE



Peach Garden

fresh and natural

Enjoy European Peach!

As an exclusively summer, cool, juicy, and full of flavor fruit, the peach is considered as the fruit of purity and immortality, according to some Eastern traditions.

The peach is ideal for those watching their diet, since it is low in calories, and high in vitamins.

Food safety is a top priority for Europe.

→ The Peach Growers Associations that take part in the implementation of this program perform tests in privately-owned laboratories, to ensure thus the safety and quality of the products sold to consumers in the international market.

www.peachgarden.eu



CAMPAIGN FINANCED WITH AID FROM
THE EUROPEAN UNION AND GREECE



Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

👉 Katsuya by Starck, Jumeirah Al Naseem

Featuring dynamic pairing by well-known chef Katsuya Uechi and design impresario Philippe Starck, Katsuya by Starck recently opened doors at a beachfront location within Jumeirah Al Naseem. Offering Robata grills, unique rolls, plus sushi and sashimi platters, chef Uechi translates Japanese flavours for the Western/American palate. Signature dishes include the likes of crispy rice with spicy tuna, yellowtail sashimi with jalapeno, miso-marinated black cod, and wagyu filet with foie gras. Call 04-4190676.

👉 Le Grill, Galeries Lafayette Le Gourmet, City Walk

Galeries Lafayette Le Gourmet has introduced 'Le Grill', a newly launched kitchen with a focus on charcoal and wood fired rotisserie and grill. Located next door to Le BHV Marais in City Walk, this concept is the first phase among seven other cuisines to be opening soon within Le Gourmet at City Walk: La Fromagerie, Le Café, La Pâtisserie, L'Italian, L'Asian, Le Sushi and L'Indien which will be complete by September 2017. Within Le Grill, you'll find a retail section offering items from around the world such as salts, oils, vinegars, plus fresh specialty meat cuts and seafood. Call 04-4033033.

👉 Le Petit Belge, Pullman Hotel JLT

Representing the brand's first international debut, Le Petit Belge has opened to offer a relaxed atmosphere dedicated to showcasing the best of Belgian cuisine and culture. Expect authentic Belgian dishes such as mussels, coq au vin and Belgian chocolate mousse. With lunch and dinner daily, the outlet also serves a Friday and Saturday breakfast brunch with dishes like French toast, eggs florentine and assorted Danish pastries. See lepetitbelge.com.



Katsuya by Starck, Jumeirah Al Naseem

Text by SOPHIE MCCARRICK | Photographs SUPPLIED

👉 Marina Social, InterContinental Dubai Marina

Fancy a traditional British experience? Head to Marina Social on Saturday to enjoy the 'Saturday Social Roast' – a weekly nostalgic journey bringing you a piece of England to Dubai Marina. Prepared by Marina Social's chef patron, Tristin Farmer the special roast lunch menu is available from 12 – 3pm every Saturday for Dhs150 (two-course), or Dhs195 (three-course). "We wanted to bring a piece of home for all those who miss England with a fun Saturday lunch that brings loved ones together over delicious shareable dishes". The kids menu is free so the entire family can come enjoy the Social Roast," said chef Tristin. Call 04-4466664.



👉 Treehouse Dubai, Taj Hotel

Treehouse Dubai turns greenhouse this summer, with a transparent, fully air conditioned glass tent. Enshrouding the terrace lounge, the outlet will offer business as usual throughout the summer months serving modern Mediterranean and Asian cuisine with plenty of fresh local ingredients. Open daily from 7pm until 2am. Call 04-4383111.



👉 Reform Social & Grill Dubai, The Lakes

It's business as usual for Reform during Ramadan, complete with a new menu. Break fast with a series of British favourites and comforting classics. The menu includes some of Britain's most celebrated dishes and promises to take you on a nostalgic trip down memory lane. There's also a new 'Family Feasts' offer, which will run Saturday - Thursday, from 4 – 7pm. Families can choose a main for the table along with three sides for Dhs295 for a family of four. The little ones even get to show their creativity with a trip to the ice cream parlour included. Call 04-4542638.

👉 Pantry Café pop-up at Aji, Club Vista Mare



This Ramadan, Downtown's Pantry Café comes to Palm Jumeirah for a limited-edition breakfast pop-up at Nikkei hotspot Aji. From 7am to 12pm all June, you can tuck into the best of Pantry Café's breakfast menu every morning. Famous for its fluffy pancakes, organic eggs cooked every which way, artisan RAW coffee and signature French Toast – Pantry Café fans living in the Palm Jumeirah area can now enjoy brekkie without travelling to Business Bay. Call 04-5520244.

👉 Ruth's Chris, The Address Dubai Marina

Are you a fan of steak, but find it a little on the pricey side? Make Tuesdays this month the night for a date with your other half, or a catch up with friends, to benefit from Ruth's Chris Two for Tuesday deal. Enjoy two-for-one on main courses every Tuesday from 6pm to 12am. Call 04-4549538.



👉 Anantara The Palm Dubai

Until the end of July 2017, enjoy Anantara The Palm Dubai's 'Swim, Eat and Relax' promotion, which includes a delicious set menu at The Beach House, plus beach and pool access all day, for Dhs299 per person. The Beach House serves Mediterranean cuisine, including pizzas, tapas and seafood. Call 04-5678304.



🏠 **Asateer, Atlantis, the Palm**

Atlantis, the Palm's official Iftar will be hosted in the glamorous ballroom Asateer, one of Dubai's most famous and beautiful Ramadan tents. At Dhs210 guests can enjoy an Iftar buffet from 6.30pm until 8.30pm. At a minimum spend of Dhs160, excluding shisha, the Suhoor a la carte menu will be on offer from 9pm until 2.30am. The evening will be kept alive with bespoke Ramadan entertainment until 3am. Admittance to Suhoor will be only for 21 year olds and above and shisha will be available for guests to enjoy for Dhs95. Call 04-4262626.

🏠 **One&Only Royal Mirage**

Enjoy a blend of style and tradition and celebrate the Holy Month of Ramadan with friends and family within the sheltered oasis of One&Only Royal Mirage. Offering a feast of experiences, enjoy Iftar buffets served daily from sunset at Tagine and The Rotisserie restaurants from Dhs220 per person, then extend the evening relaxing in their serene Ramadan Cafés at The Palace 'Courtyard' or Arabian Court 'Peregrine Garden'. Private banquet settings and options are also available offering guests their own exclusive retreat from Dhs250 per person. Call 04-3999999.

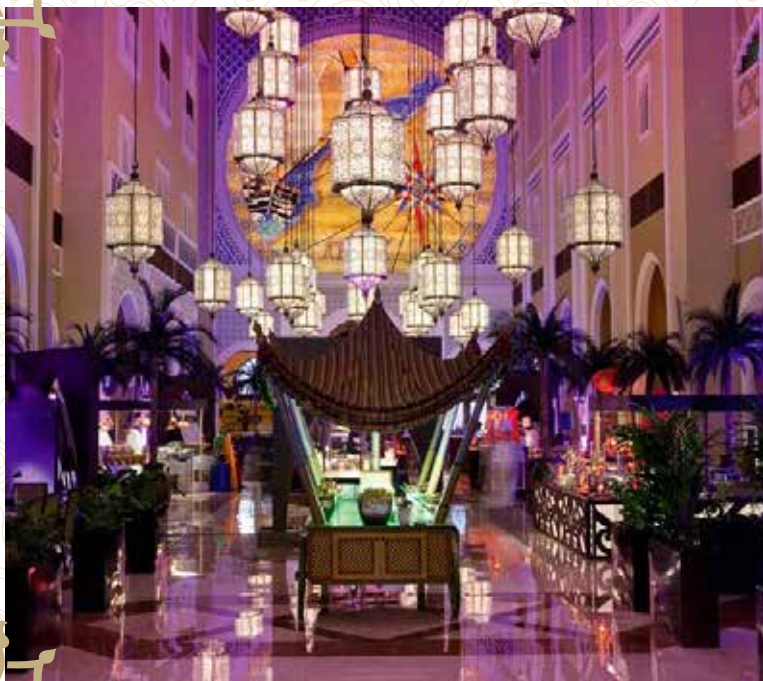
🏠 **Layali Zaman, Le Meridien Dubai**

Gather with your friends and family to celebrate the Holy Month of Ramadan, in the relaxed and family-friendly Layali Zaman Majlis within the Falcon Ballroom. From sunset onwards, Layali Zaman will transform into a Middle Eastern oasis, where guests are invited to enjoy a peaceful, relaxing and memorable Ramadan. The Majlis, will host an unforgettable Iftar experience that includes an array of interactive cooking stations, preparing delicious traditional Arabic and International favourites, as well as a lavish buffet spread that includes over 100 dishes. packages start from Dhs165, inclusive of Arabic juices and Dhs85 for children aged from 6-12 years. Call 04-7022455.



🏠 **Boulevard Ballroom, Address Boulevard**

Gather at Boulevard Ballroom for an elegantly themed Iftar experience over a long communal table offering a set menu to make the Holy Month all about sharing. Served from sunset to 9pm throughout Ramadan, Iftar is priced at Dhs250 per person, or for groups of eight or more, it's Dhs200 per person. Call 04-5618213.



🏠 **Al Bahou, Mövenpick Hotel Ibn Battuta Gate**

Celebrate descent of the sun amidst the perfect backdrop of Al Bahou's stunning 88 Arabic lanterns at Mövenpick Hotel Ibn Battuta Gate. Bring your family and friends along to Al Bahou and indulge in a sumptuous Iftar buffet inspired by Ibn Battuta's travels through India, Italy, Morocco and Asia, accompanied by the soothing sounds of a traditional Oud player. Al Bahou's Iftar will feature an extensive spread of traditional dishes and Ramadan drinks from all over the world, including; lamb ouzi, fattah and mixed grills as well as an array of cold and hot mezzeh. Those with a sweet tooth can spoil and delight themselves with a widespread selection of sweets and desserts including; umm ali, kunafah and much more. From sunset to 9pm for Dhs185 per person inclusive of food, water, Ramadan juices and soft beverages. Call 04-4445613.

Qasr Al Sultan, near Dubai Parks and Resorts

Designed to reflect the splendour of a Sultan's palace, Qasr Al Sultan promises an enchanting ambiance, with a generous and family-friendly Iftar serving hot and cold mezze, roasted lamb ouzi, and shawarma from sunset to 9pm. The destination also has a live dessert counter with delicious sweet treats, baklava, kunefa, and homemade ice cream. A variety of qanoon, riq, violin and oud players will entertain throughout Iftar. Suhoor will take place between 10pm and 2am, when guests will be able to select from a sumptuous set menu, offering a selection of Arabic snacks and soups. An outdoor cooling system will allow guests to retreat from the heat, while a traditional souq, shisha terrace, live entertainment, games, and a kids' play area will also be available to explore during the evening. Iftar is Dhs195 per person, Maghrib till 9pm, while Suhoor is Dhs150 per person, from 10pm till 2am. Children up to 5 years enjoy complimentary Iftar and Suhoor, 50% discount for children 6-12 years old. [Contact reservations@qasralsultan.ae](mailto:reservations@qasralsultan.ae).



Ewaan Ramadan Tent, Palace Downtown



Add a touch of authentic charm to your Iftar experience as you gather near and dear ones to delight in a generous Iftar at the Ewaan Ramadan Tent. The signature restaurant at Palace Downtown, Ewaan echoes the classic style of the

destination with a sumptuous spread served within a recreation of a traditional Arabic tent, which extends from the terrace into the gardens. Set within the elegant settings of Palace Downtown, this sanctuary of serenity will place you at the heart of culture. Iftar is from sunset until 9pm, and is priced at Dhs255 per person, inclusive of Iftar buffet, Ramadan juices and water. Children 5 and under dine with compliments. Between 6 and 11 years, a charge of 50% applies, while the regular price applies for children over 12. [Call 04-4287951](tel:04-4287951).

Butcha, City Walk & The Beach

A Turkish steakhouse and butcher shop built for meat lovers, Butcha dry ages its beef on-site to give an intense, natural flavour with incredible tenderness. At Butcha, The Beach this Ramadan enjoy an Iftar buffet, featuring unlimited hot and cold mezze, soups, salads, drinks and desserts, in addition to a choice of one of Butcha's main courses including beef shaslik, striploin, or a whole baby chicken. Or at Butcha at City Walk during the blessed month, delight in a selection of mezze, soup and salads brought to the table, followed by a main course of chicken shish kebab, rib eye steak or lamb chops, accompanied by unlimited sides. The meal will be rounded off by a decadent choice of traditional desserts. Both menus are priced at Dhs195 per person. [Call 04-3436591](tel:04-3436591).

Baker-Finch Room, Arabian Ranches Golf Club

Step into the clubhouse-themed settings of the Baker-Finch Room, complete with ambient lighting and warm interiors, for a memorable Iftar with those near and dear. The ideal destination to savour a blend of authentic Arabian traditions and contemporary European flair, it presents exceptional opportunities to create memories to treasure, with a lavish spread of delicacies served within elegant settings. Explore the Arabic theme décor and menu and take advantage of an exclusive venue booking available for larger groups. From sundown till late during Ramadan, Iftar is priced at Dhs280 per person. [Call 04-3664700](tel:04-3664700).

At.mosphere, Burj Khalifa

Make breaking fast that little bit more special this Ramadan, and enjoy an Iftar four-course tasting menu in the world's highest restaurant. Unlike a typical Iftar, the menu includes a selection of international hot and cold appetisers such as foie gras, spiced aubergine; rustic soups like wild mushroom celoute; pan seared sea bass, lamb rack, gnocchi for main course besides other contemporary European delicacies. Look out for an array of indulgent desserts including tonka bean ice cream with malt crèmeux, lemon meringue and smoked chocolate fondant. Available during Ramadan from 7 - 11.30pm, the meal is priced at Dhs475 per person. [Call 04-8883828](tel:04-8883828).





► **Palermo, Dubai Polo & Equestrian Club**

Take in the stunning panoramas across the polo field as you enjoy a warm and enriching Iftar at Palermo, the signature restaurant at the Dubai Polo & Equestrian Club. Their iconic terrace overlooks the polo fields, creating an exceptional canvas to design delightful moments in the company of loved ones. Experience authentic Arabic traditions and cuisine while enjoying the buffet crafted to perfection. Until June 25, from sunset until 9pm, choice of packages start from Dhs149 per person, Dhs70 per child (aged 6 – 11 years); complimentary for children aged 5 years and below. Call 04-3627880.

► **Pots, Pans and Boards, The Beach**

The first Tom Aikens restaurant in Dubai, created especially for families and guests looking to enjoy traditional British dishes with a modern twist, Pots, Pans and Boards is offering a special set Iftar menu this Ramadan, priced at Dhs119 per person. Enjoy a traditional British treat of fish and chips, followed by a decadent dessert such as banoffi pie, sticky toffee pudding or Eton mess and soft drink. Call 04-4561959.

► **Kalea Restaurant, Lapita, Dubai Parks and Resorts, Autograph Collection Hotels**

Indulge in a sumptuous Iftar buffet accompanied by a Ramadan market within the Polynesian ambiance of Kalea Restaurant at Lapita, with dishes from around the world featuring a customary range of luscious dates and homemade Ramadan juices, alongside traditional Iftar-time favourites – including lamb ouzi – an array of hot and cold mezzeh and a delicious selection of desserts. Younger guests will have their own dedicated buffet with a selection of tasty dishes including macaroni and cheese, sweet and sour chicken wings and grilled fish with lime and cantaloupe salsa. Access to Luna & Nova Kids and Teens Club is complimentary for children until 11pm. Available every day throughout the Holy Month of Ramadan from sunset to 11pm, priced at Dhs150 per person, or Dhs75 for children from 4 to 12 years. Call 04-810999.

► **Al Nafoorah, Jumeirah Emirates Towers**



Al Nafoorah offers a truly authentic taste of Lebanon and generous helpings of Lebanese hospitality this Ramadan. Serving both Iftar and Suhoor, families and friends are invited to enjoy a

delicious selection of Arabic cuisine on the buffet whilst enjoying unique views from the restaurants terrace. Iftar buffet and Suhoor can be ordered from the a la carte menu from 9.30pm – 12.30am. Iftar timings will be from 7 – 9pm, while Suhoor timings from 9.30pm – 12.30am, and priced at Dhs195. Call 04-4323232.



► **Horizon, Amwaj Rotana Dubai**

This Ramadan, break fast at Horizon with a selection of dates, fruit and Ramadan juices, then start the Iftar meal with an extensive menu of Mezze and salads. The daily buffet also presents a spread of classic Arabic dishes as well as a selection of Emirati specialities. At the end of Iftar, indulge in a wide spread of traditional Arabic sweets as well as contemporary tarts, cakes and other desserts as well as an aromatic cup of Arabic coffee. From sunset to 9.30pm, Iftar is priced at Dhs165 with beverages, and children between 6-12 will receive 50% discount, and under 6 will dine free. Call 04-4282000.



ST REGIS
DUBAI

Elevating Ramadan Traditions

During the Holy Month of Ramadan, inspire your treasured moments with superior culinary choices and heart-warming experiences, all crafted to embrace the true spirit of the season.

Iftar buffet, daily from sunset until 9:00 pm

AED 225 per person including three Ramadan juices, soft drinks and water

À la carte Suhoor, daily from 9:30 pm to 2:30 am

AED 150 minimum spend per person

The St. Regis Dubai

Al Habtoor City, Sheikh Zayed Road, PO Box 124405, Dubai, United Arab Emirates. t. +971.4.4355555 stregisdubai.com



LE PATIO

For reservations, please email ahc.dining@starwoodhotels.com
or call +971.4.4355577

in partnership with



Tried & tasted

Each month, we review three of the city's top tables.



Shades, Address Dubai Marina



Reviewed by **Sophie McCarrick**
Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.

Where?

CIRQUE DUBAI, THE RITZ-CARLTON, DIFC

Dining experience: Dinner

What's it like? A timeless classic originating from New York, Le Cirque Dubai oozes class and elegance. Inside, the décor is sophisticated, with contemporary paintings on the walls, crisp white table clothes and neutral grey tones throughout, paired with artistic lamp shades. The outlet is made up of a dining area, bar, conservatory and winter garden that overlooks the DIFC terrace area, and is open for business lunch and dinner, however, is also a great spot for stopping by for evening drinks. Aside from its beautiful interiors, what strikes me first is the level service and expertise shown from serving staff and the sommelier. Paired with soothing sounds from a live pianist, the stage is set for a classy, intimate meal.

What are the food highlights?

The menu here promises classic French fare married with Italian influence – and does exactly that. Made up of sections including entrees, salads, pates and risotto, mains, plates to share and desserts, we'd recommend taking the four-course route and choose a couple of sharing starters, a risotto or two to share (group size depending), individual main, followed by dessert (usually I'd pass on dessert, but here they are a must!). Across the board, dishes are modest, light and



contemporary, with refined flavours coming to the forefront. Considering the outlet has not been open long, the level of cookery here is perfected and shows through in the dishes. Highlights from the experience include the yellow fin tuna tartare served with chili, radish, coriander and lime, the lobster risotto was bursting with flavour and incredibly moorish, while the veal ragout with crispy sweet bread, braised fennel and pecorino was perfectly balanced and succulent. For main the chargrilled tenderloin was melt-in-the-mouth perfection, served with light, fluffy pomme puree, and the slow cooked Norwegian salmon was tender, moist and flakey. Desserts here are made by chef Silvia Pardini who joins Le Cirque Dubai from the New York outpost. She's clearly transferred the standard, as the sweet offering truly wowed. Must-try items include the



'Paris brest' salt caramel cream with lemon and almond ice cream, the soufflé and the Italian-inspired bomboloni with spiced plum and cherry jam.

How was the service? Service and hospitality here is meticulous. The front of house team is made up of French and Italian nationals, with an Arabic speaker too. They are clued up entirely on the restaurant's offering and boast high-standard European service.

The bottom line: Le Cirque Dubai is the perfect place to share dinner with a loved one or a small group of family or friends. It's a truly beautiful dining experience that I'd highly recommend.

Want to go? Priced around Dhs290 per person for four-courses, without beverages. Call 04-3722444 or e-mail reservations@lecirquedubai.com.



Where?
SHADES, ADDRESS
DUBAI MARINA

Dining experience: Dip and Dine pool day

What's it like? Perched idyllically on the fourth floor of Address Dubai Marina, Shades is a stylish rooftop venue complete with large infinity pool and children's pool, lounge, outdoor seating and chill-out cabanas. Shades in an all-day outlet, perfect for spending the day poolside for lunch, or delighting in sundowners as the sun sets over Dubai Marina, followed by a relaxing dinner under the stars. It's a gorgeous little oasis in the midst of the city, offering relaxation, rejuvenation, refreshing beverages and great food to snack on throughout the day. The pool is cooled and acts as a great relief from the summer heat – it's a decent size too, so if you're looking for a place to stretch your swimming legs, here's a superb place to do so.

Before 1pm, the atmosphere is mellow with soothing sounds, but as the afternoon goes on a DJ and live saxophonist joins the deck to entertain. It's lively, but not crazy beach club lively, so don't worry about it getting too much – it's all very energising and simultaneously allows you to chill out.

What are the food highlights?

Shades successfully manages to offer a high-standard of food, whilst keeping it poolside-friendly. There's a range of options available – all inspired by cuisines from the Mediterranean to the Far East. Whether you're looking for something light to snack on, or something a little heartier, the offering is all fresh, light and easy to eat whilst sitting on your sun lounger or cabana. There's also many items catering to the health-conscious diners. On the à la carte menu, choose items from sections including snacks, greens, grains, classics, pizzas and pastas. Not forgetting those with a sweet tooth – there's desserts, and an ice cream cart, ideal for enjoying to cool down under the sun. Bites we'd recommend are the large tempura prawns, which are lightly coated and perfectly crispy, they make for great finger food and come served with a vibrant wasabi mayonnaise dip. The chicken quesadillas are perfect for sharing (or enjoying by

yourself) – the bread is nice and light and the filling is flavoursome and punchy. The Shades club sandwich is a little more filling, but utterly delicious, stacked with succulent thyme and garlic chicken breast, turkey bacon, fried egg, tomato compote and cheddar cheese. There's also grills offering Arabic favourites including lamb chops, shish taouk, shish kebab, and lamb kofta served with hummous and garlic dip.

To complete the experience, shisha is served daily from 6pm to 1am.

How was the service? Staff are on the ball and never leave you awaiting refreshments. Each sun bed / cabana is equipped with a handy button, which can be pressed when attention is needed. When you're not enjoying sips or bites, the team visit regularly to offer refreshing cold towels and ensure you're having a pleasant experience.

The bottom line: A fantastic spot to enjoy a day in the sunshine comfortably with friends and family.

Want to go? Enjoy full day access to the infinity pool at Shades for Dhs150 and get Dhs75 as credit to spend on food and beverages. The offer is available throughout June and August. The pool opens at 9am till 9pm, while Shades remains open till 1am. Call 04-4367777 or e-mail dine.tammh@theaddress.com.

Where?
MAIDEN SHANGHAI,
VICEROY PALM
JUMEIRAH DUBAI

Dining experience: Dinner

What's it like? Recently opened at the new Viceroy Palm Jumeirah Dubai, Maiden Shanghai is a stunning new restaurant serving authentic Chinese cuisine. The venue is a big one – spread across multiple floors comprising a multi-level restaurant, a lounge and bar, private dining rooms and rooftop terrace with gorgeous views over Dubai Marina. Inside it's boldly decorated with traditional Chinese design – it's so well done that once sat down, you feel transported to a modern eatery in China. Inspired by Chinese history, the outlet

takes on a bronze colour palace, accessorised with tasteful antiques including old-fashioned lanterns.

What are the food highlights? The kitchen is headed up by chef Luo Bing, who is formerly head chef of Hutong at The Shard in London. Backed by both an impressive food menu and drinks menu, it makes decision time a difficult one. Luckily, the team are well-versed and on hand to offer recommendations. Influenced by flavours and cooking methods of Cantonese, Sichuan, Shanghai and Beijing, the menu is designed to take you on a journey around China (so make sure you arrive hungry!). Must try items on the menu include the Peking duck – this was my favourite of the evening – so

tender, succulent and encrusted with light, crispy skin. The soft-shell crab is one of the best I've ever tasted – very easy to eat, lightly crusted and packed with flavour and a spicy kick. Plus, the Kung Pao chicken was perfectly balanced and served with a nice amount of sauce for mixing with the rice. At the time we visited, Maiden Shanghai was still working on its dessert menu. The restaurant is open for lunch and dinner, or a dim sum bar selection, seven days a week. Plus, from Sunday to Thursday it's now offering business lunch from 12.30 to 3pm for Dhs120 for a two-course meal.

How was the service? Very attentive and helpful. There's a lot on the menu – some of which I felt needed explaining, and the team did a great job of doing so. It really helped that there were Chinese nationals on hand to thoroughly explain dishes and unfamiliar ingredients – adds to the authenticity of the experience.

The bottom line: A great place to visit with your other half or a group of friends to share a variety of dishes, over some of the best cocktails I've tried in town recently!

Want to go? Around Dhs280 for three-courses, without beverages. Call 04-2475222.





Excellent *extractions*

At the forefront of French gastronomy, chef Yannick Alléno is considered one of the world's best chefs, namely for his innovative work with sauce extraction. We met with the culinary genius during a recent visit to his restaurant STAY by Yannick Alléno at One&Only the Palm, to learn more of his leading role at the pillar of French cuisine, where he drives creativity, innovation and tradition. **By Sophie McCarrick**

He was awarded three Michelin stars for his restaurant at Le Meurice hotel in Paris, his restaurant Alléno Paris was ranked 31st on the World's 50 Best Restaurants 2017 list, and his Dubai-based restaurant STAY at One&Only the Palm continues to drive forward modern French cuisine in the region. It's safe to say that Yannick Alléno is a highly-accomplished chef.

He was introduced to cooking by his family and went on to work in some of France's finest restaurants. Since, he has dedicated his life to being an advocate for French cuisine and in 2013 set out on an innovative culinary journey to create sauces in a purer way (more about this method he calls 'extractions' to follow).

Chef Yannick is also the founder of Yannick Alléno Group, a food services group that sees his work in modern French gastronomy spread across the world. In Dubai regularly to touch base with his team at STAY, here's what chef Yannick shared with us...



When did you know that you wanted to be a chef?

From the age of eight, I knew that I wanted to be a chef. My parents had brasseries in Paris and my mum would make fantastic food. My grandmother had 13 children, so I come from a big family where food was a big thing, so it's always been a part of my life.

At the age of 15 I started to work in the kitchen – if truth be told, I wasn't the greatest student at school (laughs) – but my passion was always in the kitchen. Making sure being a chef was the right direction for me, my father found this first job for me by asking Gabriel Biscay, who secured a role at Relais Louis XIII with Manuel Martinez. The rest is history – I loved it!

How did it come about that you opened your restaurant here in Dubai?

The opportunity came when I met Olivier (Managing Director of One&Only the Palm) and he asked

me to come over to take care of the F&B solutions at the property. Excited by the idea, I immediately said yes.

What are your thoughts on Dubai's culinary industry?

I think the growth here is positive! Looking ahead – very far ahead into the future, I think Dubai has the possibility to develop as strong a culinary offering as France. Reason being, is that if you look at the history of French culinary development, back in the beginning France became the hub of Europe, and because of its metropolitan nature, France's

culinary sector was influenced by many different cuisines and cooking methods. France is so rich in culinary history because of the people who travelled there years back, and now the same thing is happening in Dubai – it's becoming a major hub in the world. It's just the beginning of the food journey for Dubai, I personally believe. Give it some time...

Do you have any favourite spots to dine at when you're in Dubai?

I always love going to Zuma, La Serre, and Le Petite Maison – the level there is always exceptional and consistent.

*“When you know sauces,
you know how to cook”*



For those unfamiliar with your restaurant here, tell us about the concept behind STAY...

It's a French restaurant offering great food. We operate practicing new ways of cooking – especially with making sauces in healthier, more flavoursome and nutritious ways. French gastronomy is all about sauces. Sauce is at the base of everything we do in the kitchen, and we pay a lot of attention to getting that right using a method I call 'extractions'. It's a method that drastically reduces the traditional use of lots of butter, fat and salt because the natural flavouring of the extracted sauces are so high in nutrients and minerals.

How would you describe your cooking style?

If you want to speak about modern French cuisine, you have to think about modern French sauces. At STAY, our food is based around the evolution of sauce, and the process that it's made. In 'old' French cooking, you put ingredients in the pan on the heat, when it's cooked, you do a filtration, and a reduction through heat again. But my view is this: if you're reducing food down on a

DINING AT STAY

Open for dinner, STAY by Yannick Alléno provides a distinctive dining experience within a comfortable yet stylish environment. Signature dishes use traditional methods in a contemporary fashion to surprise even the most sophisticated gourmand. An invitation for the cuisine to be part of the evening's conversation, the restaurant offers different seating arrangements including a sharing table allowing guests to sample and discover simple, great tasting food. A unique Pastry Library follows the same premise as diners are taken on culinary journeys. The stylish environment boasts high timber walls and vaulted ceilings with black crystal chandeliers creating an atmosphere of elegance.



cooker for 12 hours, what happens? It loses all nutritious value.

So, my way of cooking is a new way of creating the base sauce without losing nutrition from ingredients. I cook all elements one by one, according to their individual requirements, in a low-heat environment. Then, you have a fantastic liquid that needs reducing to make it concentrated – however, if you do this by using heat, you wipe out the success of retaining nutrition at step one. So, my next step is to chill the liquid to push out unwanted water. This involves taking the extracted liquid and adding it to ice, where the liquid is spun quickly and excess water freezes. The remaining sauce liquid is drained for use and the unwanted liquid stays behind in ice form.

It's basically the opposite of removing liquid through steam evaporation in traditional heat reduction.

What are the must-try menu items?

Our langoustine, which is served with caviar on top.

Where do you find culinary inspiration?

Travel, perfume...everything really! Even wine, there are so many types of wine I've tried that have given me menu inspiration through the different notes that come through.

At your restaurants, how do you see today's consumer evolving?

They are more informed. They know about food and it's really impressive. They challenge kitchens now and that's how it should be. People are much more connected these days, and this shows through in their knowledge of food. It pushes us to always strive to be better.



Which chef do you look up to and admire for their work?

So many. It's very difficult for me to name one specifically. We are lucky to have so many amazing chefs all over the world. So much talent, it's a wonderful industry to be in.

How did you feel when you were awarded your first Michelin star?

I was very excited, of course. When I received my second star I was extremely surprised and didn't expect it. It was marvelous. Once awarded, you just want to keep progressing to make the customers happy and always give real excellency and consistency to represent French gastronomy the correct way.

When can we expect to see you in Dubai again?

I come to Dubai four times a year, and each time we do seasonal menu changes and host special dinners.

What would your advice be to aspiring chefs?

When you know sauces, you know how to cook – that's my advice to young chefs!

STAY by Yannick Alléno

Call: 04-4401030

E-mail: restaurants@oneandonlythepalm.com

Address: One&Only the Palm, Dubai

Experience Ramadan *in the heart of* *Dubai Parks and Resorts.*

IFTAR BUFFET AND RAMADAN MARKET AT KALEA

Journey through an extensive buffet from
sunset until 11PM, throughout Ramadan.

AED 150 per adult | AED 75 for children (4-12 years)

Reservations lapita.restaurantreservations@autographhotels.com

Tel +971 4 810 9999

RAMADAN EXPERIENCE ROOM PACKAGE

Enjoy an unforgettable stay with a choice of breakfast, Iftar or Suhoor.




Reservations lapita.dubai.reservations@autographhotels.com

Tel +971 4 810 9999

Exactly like *nothing else*.

BONDED BY CURIOSITY™

Lapita, Dubai Parks and Resorts, Autograph Collection Hotels

Dubai Parks and Resorts, Sheikh Zayed Road, P.O. Box 334221, Dubai, UAE
lapitadubaihotel.com |  [LapitaHotel](#) |  [LapitaHotel](#) |  [@lapitahoteldubai](#)



LAPITA

DUBAI PARKS AND RESORTS

AUTOGRAPH COLLECTION
HOTELS

Hydration matters

During the Middle East's scorching summer months, hydration has been identified as a top health concern, especially throughout the fasting hours of Ramadan. More than ever, it's important to be actively aware of how much essential fluid your body is getting, as failure to do so could result in dizziness, severe migraines, nausea, confusion, weakness, plus other dangerous illnesses. Follow these simple steps for optimum hydration this Ramadan, says Sophie McCarrick

1 ALWAYS SAY YES TO WATER!

Water is the most important fluid to consume during Ramadan – or any time for that matter. Around 60% of the body is made up of water, so if you dramatically reduce your intake it can seriously affect your organs and nerves from functioning properly. On average, men need to drink about three litres of water, while women need to consume about 2.2 litres a day.



2 DON'T DRINK SUGARY JUICES

Many fruit juices are perceived as healthy, simply because the word 'fruit' is mentioned. But in reality a lot of them contain more sugar than unhealthy fizzy drinks. These beverages are fatty and do not hydrate the body at all. If you fancy something sweet, try squeezing juice from fresh fruit at home yourself.



3 STAY INDOORS

A disadvantage of Ramadan in the Middle East means that there's the scorching hot sun to put up with. Limit your time in direct sunlight as much as possible to prevent further dehydration through sweating.

4 MAXIMISE CONSUMPTION OF HIGH WATER CONTENT FOODS

To maximise fluid intake, opt for foods with high water content during Iftar and Suhoor. Items like tomatoes, lettuce, cucumbers, watermelon, apples and strawberries have high water content, and will help get the fluids that you need into your diet. Make a salad with them or a smoothie, or snack on them for dessert.



5 AVOID CAFFEINE

Beverages with caffeine such as tea, coffee, coca-cola and other soft drinks should be cut down on or avoided completely. The diuretic properties of caffeine can dehydrate the body even further – so although the drink might act as a great 'pick me up' for an hour or so, it will affect the body negatively as the day goes on.



Juice boosts

These delicious power smoothies are the perfect way to put a spring in your step - especially when breaking fast during the Holy Month

gf tip

You can make these juices the night before – just keep them chilled and give them a stir before serving.

Fennel, blueberry & apple juice

SERVES 1 PREP 5 mins NO COOK EASY

Trim the top and bottom from 1 small fennel bulb and cut into pieces. Put the fennel, 1 apple, cored and chopped, and 85g frozen blueberries through your juicer following the manufacturer's instructions, then stir in 1 tsp lemon juice and serve immediately.

GOOD TO KNOW low fat • fibre • folate • vit C • 1 of 5 a day

PER SERVING 141 kcals • fat 1g • saturates 0g • carbs 23g • sugars 22g • fibre 12g • protein 3g • salt 0.1g

Honeydew, melon, cucumber & lime juice

SERVES 1 PREP 10 mins NO COOK EASY

Take ¼ large honeydew melon, remove the seeds, then cut the flesh away from the outer skin and chop into chunks. Cut ½ cucumber into large pieces. Put the melon, cucumber and 1 lime, zest and pith removed, through your juicer. Pour into a tall glass and serve.

GOOD TO KNOW low fat • fibre • folate • vit C • 1 of 5 a day

PER SERVING 167 kcals • fat 1g • saturates 0g • carbs 33g • sugars 29g • fibre 6g • protein 4g • salt 0.3g

Carrot, clementine & pineapple juice

SERVES 1 PREP 10 mins NO COOK EASY

Peel 2 clementines, 1 carrot and ½ small pineapple. Cut the carrot and pineapple into chunks and put everything in the juicer along with 1cm piece peeled ginger. Juice following the instructions for your machine. Pour into a large glass and serve.

GOOD TO KNOW low fat • fibre • folate • vit C • 1 of 5 a day

PER SERVING 234 kcals • fat 1g • saturates 0g • carbs 48g • sugars 47g • fibre 10g • protein 3g • salt 0.1g

Feel
refreshed

Get some
vitamin C

Good dose
of fibre

100%
Natural

HOW TO: CLEAN FRUIT AND VEGGIES

Whether your fruit and veg comes from a supermarket, the garden or via delivery service, it's inevitable that produce will contain some sort of dirt, pesticide or unwanted contaminant. Combat any nasty add-ons with Oy! Natural Fruit & Veggie Wash – the region's latest essential, all natural, inexpensive blend to wash away germs, insects and more!



Effectively
remove dirt, soil,
pesticides, wax
and insects from
fruit and veg!

For anyone that loves to eat fresh fruit, make smoothies, salads and uses vegetables on a regular basis in their cooking, sadly, plain old water alone is not enough to wash unwanted germs, chemicals and insects away.

To assist with getting rid of any nasty dirt, Oy! Natural Fruit & Veggie Wash is a new product on the market that effectively cleans and removes all nasty residue left on fruit and veg during its journey from the farm to your home.

Especially in the Middle East, much of the fresh produce found in supermarkets here have travelled a very lengthy distance, with excessive chemicals used to prevent spoiling, making it even more important to wash and disinfect before consumption.

Certified with Emirates Quality Mark, Oy! Natural Fruit & Veggie Wash is completely safe – it's edible, contains zero harsh chemicals, has no aftertaste, no colouring, no fragrance and leaves no residue – making sure all that's left is the good stuff!

DID YOU KNOW?

That there are non-visible contaminants on the surface of fruits and veggies that cannot be washed away with water alone?

- **POTATOES** are not only covered with soil and mud, but also with pesticides and wax.
- **APPLES** are very high-maintenance fruit. They require a lot of pesticides and are often waxed.
- **ROOT VEGETABLES** such as potato, carrot, radish, and beetroot, are more prone to having some dirt on them.
- **LETTUCE** can be dirty, but could also contain some insects because of its many layers.
- **ORANGES** and **LEMONS** are among the most waxed fruit. Thanks to their thick skin, the wax does not seep through.
- **STRAWBERRIES** have very thin skin, so the pesticides do seep into the fruit.

Types of residue that are not washed away with water:

- **DIRT** is the soil and mud residue left on fruit and veggies, mainly those that grow underground.
- **INSECTS** can be found on the surface of fruit and veggies; they are a natural occurrence.
- **PESTICIDES** are used to destroy insects and other organisms that are harmful to plants, fruit and veggies.
- **WAX** is added to fruit and veggies to prevent loss of moisture, protect them from bruising during shipping, and increase their shelf life.

CLEAN FRUIT AT THE READY?

Try this refreshing smoothie recipe at home!

- 1 banana, chopped
- ½ cup plain yogurt
- 1 teaspoon white sugar
- ¼ cup fresh pineapple juice
- 1 cup fresh strawberries
- 2 tablespoons freshly squeezed orange juice
- 2 teaspoon milk

METHOD

Once your fruit is nice and clean, blend the banana, yogurt, sugar, pineapple juice, strawberries, orange juice, and milk in a blender until smooth. Enjoy!

HOW TO CLEAN YOUR PRODUCE: in three easy steps

- 1 Rinse produce under running water
- 2 Soak produce in solution (1 tablespoon of veggie wash + 1 litre of water) for 15 minutes
- 3 Rinse produce under running water

Want to know more?

Buy Oy! Natural Fruit & Veggie Wash at all major supermarkets.

Website: oyproducts.com/natural-fruit-veggie-wash/

Facebook & Instagram: [oyproducts](https://www.facebook.com/oyproducts)



The MultiQuick 7 Braun hand blender can chop, blend, slice, dice and prepare dough with one single push of a button, and the more you squeeze, the more power you get – making meal prep that little bit easier. **FROM DHS356, BRAUNHOUSEHOLD.COM.**

This Ramadan luxury couture house Rami Al Ali has partnered with VIVEL PATISSERIE to create a limited-edition Ramadan box, filled with high-quality handcrafted sweets and confectionary. Pretty stylish, we think! **FROM VIVEL PATISSERIE STORES ACROSS THE UAE.**



Give the gift of hydration this Holy Month. With Kenwood's Blend Xtract range, easily prepare fresh juices, chilled smoothies, soups or dips to stay hydrated and healthy. **FROM DHS149 TO DHS195, KENWOODWORLD.COM.**



These guilt-free Belvas Belgian Chocolates are Fairtrade, gluten-free and vegan (some are also sugar-free)! **FROM DHS50 AT MILK & HONEY, DUBAI, AL WAHDA MALL, ABU DHABI, OR ORDER FOR UAE DELIVERY ON +971-55-2320418.TAVOLA.**

Gorgeous gifts

Gourmet goodies to share with your loved ones this Ramadan



Capturing a taste of lightly roasted Arabic coffee with a nutty finish, Coffee Planet's Signature Arabic coffee can be enjoyed after sunset while gathering with your nearest and dearest. With blends like Arabic ground (with and without cardamom), and Turkish ground (with and without cardamom), coffee lovers are sure to be satisfied! **DHS21, COFFEEPLANET.COM, CAREEFOUR, UNION CO-OP.**



This indulgent collection hamper comprises delights includes chocolates, biscuits, caramels and dates – what better way to please your taste buds? **FROM DHS349, MARKS & SPENCER STORES.**

Sourced from plantations around the world, including places like Taiwan, Sri Lanka, China, Japan, Kenya, and India, Tchaba tea has a flavour for everyone. This Ramadan hamper set costs **DHS595, FROM TCHABA BOUTIQUES IN MALL OF THE EMIRATES OR JW MARRIOTT MARQUIS DUBAI.**



Indulge on a Ramadan staple this month, with a date filled gift box from Bateel. The special gifts come in a range of sizes. **FROM DHS100, BATEEL STORES.**



Home Centre has launched a limited-edition Ramadan collection in collaboration with Mawaheb from Beautiful People – an art studio for people with special needs aged 16 years and above. These gorgeous mug and bowl sets are perfect for jazzing up the Iftar table! **Priced at DHS30 PER EACH MUG AND BOWL SET, HOME CENTRE STORES.**



A lover of fudge? Treat someone to a personalised, custom decorated fudge slab from Fuzziwig's. **PRICE VARIES AT FUZZIWIG STORES LOCATED AT JBR AND DUBAI PARKS & RESORTS.**



Create delicious juices at home this Ramadan with the help of this Panasonic Juicer/Blender MJ-H300. **FROM EROS AND PANASONIC STORES ACROSS THE UAE.**



These beautiful gluten-free preserves are inspired by Middle Eastern flavours, and make for the perfect present – perhaps given with some homemade scones? The range includes apricot and pistachio jam, date and orange marmalade, and more. **DHS34, LIME TREE CAFÉ, SHEIKH ZAYED ROAD.**



Who doesn't love a cake made with heart and soul? Clinton St. Baking Company have a wide range of take-away cakes and pies to share with your friends and family this Ramadan. Homemade comfort, without spending hours in the kitchen! **FROM DHS180 TO DHS298 FROM CLINTON ST. BAKING COMPANY.**



The Signature Iftar



Delight with the ultimate “Signature Iftar” set menu of traditional authentic Indian cuisine with a modern twist this Ramadan at **Signature by Sanjeev Kapoor.**

For reservations, please contact +971 4 386 8111

A fit and healthy Ramadan

During Ramadan's long fasting hours, it's easy to fall into bad eating habits and a lazy routine. To help you maintain a healthy regime, we speak to Ultimate Performance's Nick Mitchell, and the experts at Weightmonitor UAE to learn how to stay in shape this month. **By Sophie McCarrick**

STAYING IN SHAPE

Nick Mitchell, founder of the body transformation outlet Ultimate Performance (UP), reveals how to keep your body fit and healthy this Ramadan...



one hour – preferably aim for 45 minutes of hard work. This timeframe still allows a hard work out but without pushing your body to an extreme.

HYDRATION, HYDRATION, HYDRATION

Once Iftar commences it is extremely important to hydrate the body before and after working out. A good goal for a 200lb man should be to try to drink three litres of water between sunset and dawn.

NO EXCUSES

Don't use Ramadan as an excuse to not exercise. This may seem like an obvious recommendation but it is important to keep the body active over Ramadan as without it, and in the absence of a regular eating pattern it becomes very easy to undo all the hard-earned progress that has been made.

TIMING IS EVERYTHING

The best time to hit the gym during Ramadan is either early in the morning, after your first meal of the day, or after your first meal post-fasting as it allows you to exercise when you have optimum energy.

FAST & FURIOUS

Keep your workout duration tight. Get in and out of the gym in under

PLAN AHEAD

Don't panic about losing any momentum in your body goals. Consuming four to five balanced meals between Iftar and Suhoor is very possible, and this alone should be enough for maintenance. For example, one could eat a large pre-Ramadan fast meal at 5am, then break the Ramadan fast at 8.30pm, eat again at 10pm, and finally have a supper at 11.30pm. Nevertheless, if minimising fat accumulation (or fat loss for the super ambitious) is your goal the mainstay of my macronutrients would be from protein and 'good fats' (think unprocessed, natural fats and you won't go far wrong).

For more information see upfitness.ae

HEALTHY EATING

Experts at Weightmonitor UAE explain how to achieve optimum health when fasting...

Ramadan fasting can theoretically be a golden opportunity to adopt a healthy lifestyle and dietary habits which could lead to weight reduction, better control of diabetes, improved insulin sensitivity and biochemical changes associated with metabolic syndrome.

When lifestyles are imbalanced and not regular, fasting the right way can help balance our excesses. It not only helps to control weight, but also promotes better digestion, improves energy, prevents diseases, gives a feeling of lightness and wellbeing.

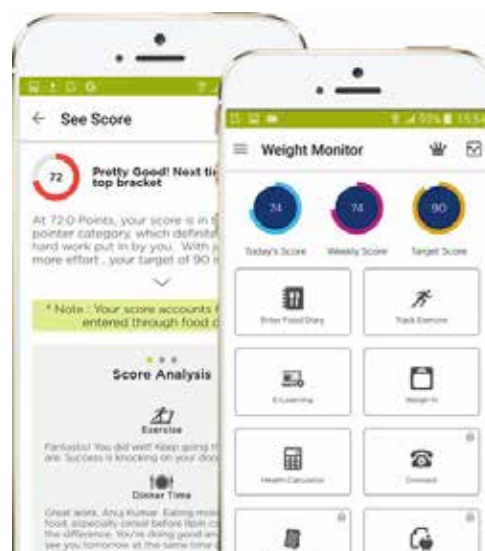
Fasting must not be undertaken by chronically ill, under-nourished, pregnant, lactating women, those suffering from serious illnesses or on long-term medication. If at all, you must, fasting must be done under physician or nutritional supervision.

A sensible fast for health and well-being should include plenty of vegetables, fruits and fluids, and modest amounts of dairy, nuts, seeds and sprouts, for the body to function effectively.

How to break your fast:

- Consume fruit along with a fluid, preferably water
- Do not eat too much immediately, there are no specific guidelines as to the time gap to be maintained to have a proper meal but it is essential to keep a watch on the quality of a meal. Do not burden the stomach; keep it light.

For more information see weightmonitor.ae





Experience an illuminating Ramadan
at The Meydan Hotel Ramadan Tent.

Enjoy traditional Iftar each night for AED 190 per person*

اكتشف أجواء رمضان المميزة
فى خيمة فندق الميدان الرمضانية

* تمتع يومياً بالإفطار التقليدى الشهى فى مقابل ١٩٠ درهم اماراتى للشخص الواحد






* Terms and conditions apply
تطبق الشروط والأحكام

لمزيد من المعلومات، و لحجز طاولتك أو لحجز المجموعات، يرجى الإتصال على:

For more information or to reserve your table or Group Event venue please contact:
Tel: +971 4 381 3111 or Email: Restaurant.ReservationsTMH@meydanhotels.com

www.meydanhotels.com/Ramadan

 /MeydanHotel  /meydanhotel  /themeydanhotel_dxb

THE MEYDAN
HOTEL - DUBAI



Put an egg on it!

Simple new ways with a favourite kitchen staple

recipes ELENA SILCOCK *photographs* MYLES NEW



Soft-boiled eggs with black rice & aubergine

SERVES 2 **PREP** 10 mins
COOK 40 mins **EASY** V

1 small aubergine, cut into cubes
4 tbsp olive oil
1 lemon, juiced
½ tsp cardamom seeds (without pods)
¼ tsp each chilli flakes and cumin
90g kale or spring greens
250g pouch black rice (we used Gallo)
2 medium eggs, soft-boiled for 6 mins
30g Greek yogurt
½ small pack parsley, leaves picked

1 Heat oven to 180C/160C fan/gas 4. Put the aubergine in a roasting tin, toss in ½ the olive oil and ½ the lemon juice. Cook for 35-40 mins until softened.
2 When the aubergines are cooked through, tip the cardamom seeds into a frying pan, toast a little, then add the remaining olive oil and toast



the spices. Add the kale and allow to wilt for 5-6 mins. Add the rice (with 100ml water if the pack instructs) and cook for 2 mins. Add the aubergine and give a good stir to combine everything. Season and add more lemon juice if necessary.
3 To serve, peel the boiled eggs and slice in half. Divide the rice between two bowls, add half the yogurt to each, then top with an egg and the parsley.

GOOD TO KNOW folate • fibre • vit c • iron •
2 of 5-a-day
PER SERVING 872 kcal • fat 42g •
saturates 8g • carbs 96g • sugars 6g •
fibre 12g • protein 21g • salt 0.3g

Turkish eggs

SERVES 2 **PREP** 10 mins
COOK 10 mins **EASY** V

1 red chilli, finely sliced
50g butter
1 garlic clove, crushed
200g Greek yogurt
½ lemon, juiced
1 tbsp vinegar
2 medium eggs
2 tsp sumac
small pack coriander, leaves picked
toast, to serve

1 Put the chilli and butter in a small pan and melt on a very gentle heat to ensure the chilli flavour infuses while you make the rest of the dish.
2 Whisk the garlic into the yogurt. Season well and add the lemon juice. Bring a large pan of water to a simmer. Add the vinegar, make a swirl with



a large spoon, then crack each egg into the water. Poach for 3 mins until set, then drain on kitchen paper.

3 To serve, put half the yogurt in each bowl, add a poached egg to each, then drizzle with the melted chilli butter. Season, top with sumac and coriander leaves, and serve with toast.

GOOD TO KNOW gluten free
PER SERVING 402 kcal • fat 36g •
saturates 21g • carbs 5g • sugars 5g •
fibre none • protein 13g • salt 0.7g

Turmeric scrambled eggs

SERVES 2 **PREP** 5 mins
COOK 10 mins **EASY** V

1 tsp coconut oil
½ garlic clove, finely chopped
100g spinach leaves
4 large eggs
50ml coconut milk
2 tsp grated turmeric
2 slices sourdough, toasted



1 Put the coconut oil in a non-stick pan over a medium heat. Lightly fry the garlic, add the spinach leaves and wilt for a few mins – add a splash of water if they stick.
2 Whisk the eggs with the coconut milk and turmeric. Season well. Add to the pan with the spinach and stir

continuously for 5-8 mins until the scrambled eggs are at the desired consistency. Serve on slices of toasted sourdough.

GOOD TO KNOW folate • iron • 1 of 5-a-day
PER SERVING 401 kcal • fat 19g • saturates 9g •
carbs 31g • sugars 2g • fibre 2g • protein 25g •
salt 1.4g



You can also make this in the microwave. Blast the spinach for 1 min, then add the egg mix and cook in short bursts.

Egg-in-the-hole beef bacon sandwich

SERVES 1 **PREP** 5 mins
COOK 15 mins **EASY**

oil, for frying
4 rashers smoked streaky beef bacon
2 thick slices sourdough
1 tbsp mayonnaise
1 small egg
1 tbsp ketchup or brown sauce, to serve

1 Heat a splash of oil in a large, non-stick frying pan. Fry the beef bacon until crispy, then put on a plate covered with foil to keep warm.
2 Using a cookie cutter, cut a hole in 1 slice of bread, then spread mayonnaise on one side of both slices. Fry the bread in the same pan. When browned on one side, flip both over and crack the egg into the hole.



Fry for 2-3 mins, then turn down the heat and cover the pan until the white of the egg is set but the yolk is still runny. Remove everything from the pan.

3 Spread the non-egg slice with the sauce, add the bacon, then top with the egg slice. Halve and tuck in.

PER SERVING 802 kcal • fat 57g •
saturates 11g • carbs 36g • sugars 3g •
fibre 2g • protein 36g • salt 4.8g



Villeroy & Boch
1748

Making barbeques stylish

Host the most stylish barbeque in town with the help of Villeroy & Boch's newly launched 'BBQ Passion' collection – a gorgeous, high-quality tableware range, perfect for using at all kinds of gatherings

Barbeques were never more stylish

Today's BBQ scene has become a playground for new culinary specialties, all over the world. The options are endless, ranging from Brazilian or South American BBQs to sophisticated creations involving fish, vegetables and even fruit. With so many possibilities, Villeroy & Boch rethought the design-side of BBQs and developed the 'BBQ Passion' collection, providing high-quality tableware suitable for absolutely every kind of BBQ enjoyment.

Must-have items

The BBQ Passion range includes items like a generous fish plate, a vegetable plate and a bowl for BBQ potatoes, plus a cooling and heating board – which consists of high-quality acacia wood. An appropriately sized ceramic cover plate of Premium Porcelain is heated or cooled as desired and placed on the platter. Hot food thus stays warm for longer and cold food remains chilled – wonderfully practical!

BBQ Passion also offers steak plates in the sizes XL, L and M with separate areas for barbeque sauces, dips or accompaniments, and a dessert plate. All the plates feature an integrated grip making them particularly easy to carry around the garden or terrace.

The long plates with separate areas for sauce or accompaniments and the large meat platter are designed with ridges to allow meat juices to drain away. This allows the carved meat to remain moist without getting soggy. The sausage plate with its separate area for mustard enables grilled sausages to be eaten in style even while standing. The collection is completed by a condiment dish with three divisions, a little grill pan, a wooden carrier for standard-size sauce bottles, and a dip bowl, four of which can be arranged in a wooden holder to create a tray stand.

And best yet, it's all dishwasher safe!

The 'BBQ Passion' collection, in addition to many other lines are available for both hospitality and end-user customers at Dubai-based SARA store, and Villeroy & Boch outlets!

ABOUT SARA GROUP

Since its foundation in 1967, SARA Group has become one of the leading retail, project, and wholesale distributors of luxury bathroom products, high quality ceramics, world class hospitality products, and beautifully designed chinaware, glassware, and cutlery.

GET IN TOUCH

Location: Salah Al Din Street,
P.O. Box 5293, Dubai

Visit: saragroup.com

E-mail: saraest@saragroup.com

Call: 04-2659191 | 04-2659292

Sara Hospitality: 04-3856069

Location: Eiffel Boulevard Limited, Shop
No.3 Ground Floor, Um Al Sheif, Shiekh
Zayed Road, Dubai, UAE

MasterChef makeover Homemade meze

BBC *MasterChef* judge **John Torode** creates a beautiful spread for sharing with loved ones this Ramadan

recipe photograph PETER CASSIDY

Falafels, packed carefully inside soft flatbreads with well-spiced houmous, have been around for centuries – and with good reason. I first made falafels when I was 10 and, although I love the *Good Food* burger version, I've developed my own trusted authentic recipe. I make my patties a little smaller and serve them with homemade hummous, tabbouleh and pickles.

Falafels

You should use soaked dried beans for this recipe – canned beans won't work.

MAKES 16 **PREP** 15 mins plus at least 8 hrs soaking **COOK** 20 mins **EASY** **V**

250g dried chickpeas or dried split broad beans
½ tsp bicarbonate of soda
3 garlic cloves
1 onion, roughly chopped
1 leek, roughly chopped
1 celery stick, roughly chopped
1 small chilli, roughly chopped (deseeded if you don't like it too hot)
1 tsp each ground cumin, cayenne pepper and sumac

good handful chopped coriander and parsley

80g gram flour
100ml vegetable oil

To serve

hummous, tabbouleh and pickled red onion & radish (recipes, right)
flatbreads, shop-bought

1 Soak the chickpeas in cold water for 8 hrs, or overnight.

2 Drain the chickpeas and pulse with the bicarb in a food processor until roughly chopped. Remove ¾ of the mixture and set aside.

3 Add the garlic, vegetables, spices and herbs to the remaining mixture in the processor and purée to a paste. Stir the paste into the rough purée of chickpeas, add the gram flour, season and mix well.

4 Heat oven to 110C/90C fan/gas ¼.

Heat a large, non-stick frying pan over a medium heat and add some of the oil. Use your hands to form the mixture into patties (there should be enough to make about 16). Fry for 2 mins each side until crisp. Keep in a warm oven while you fry the remainder of the mixture, continuing to add a little oil to the pan with each batch. Serve wrapped in flatbreads, if you like, alongside the hummous, tabbouleh and pickled red onion & radish.

GOOD TO KNOW vegan • healthy • gluten free
PER FALAFEL 139 kcals • fat 7g • saturates 1g • carbs 11g • sugars 1g • fibre 3g • protein 5g • salt 0.1g

Hummous

SERVES 6 **PREP** 10 mins **COOK** 2 mins
EASY **V**

Drain a **400g can chickpeas**, keeping the water. Gently warm the chickpeas in a microwave, then tip into a food processor with **100ml lemon juice**, **150ml olive oil**, **125g tahini**, **1½ tsp ground coriander** and the crushed seeds from **5 cardamom pods**. Blend until smooth; add a splash of chickpea water if its looking a little dry. Check the seasoning and add more oil and lemon juice to taste. Serve sprinkled with **toasted pine nuts** and **sumac**.

GOOD TO KNOW vegan • gluten free
PER SERVING 416 kcals • fat 38g • saturates 5g • carbs 8g • sugars 1g • fibre 4g • protein 8g • salt 0.1g

Tabbouleh

SERVES 6 as a side dish **PREP** 15 mins
plus resting **NO COOK** **V**

Soak **120g fine bulghar wheat** in cold water for 15 mins. Drain well, put in a bowl and mix with **75ml olive oil** and **4 tbsp lemon juice**. Cover and leave for 30 mins to soften. When ready to serve, deseed and finely chop **5 tomatoes** and add with **4 finely sliced spring onions** and a **good handful each of chopped flat-leaf parsley and chopped mint leaves**. Finally, stir in another **75ml olive oil** and **4-5 tbsp lemon juice** and season well.

GOOD TO KNOW vegan • vit c • 1 of 5-a-day
PER SERVING 305 kcals • fat 25g • saturates 4g • carbs 14g • sugars 2g • fibre 4g • protein 3g • salt 0.1g

Pickled red onion & radish

SERVES 6 **PREP** 10 mins plus resting
COOK 2 mins **EASY** **V**

Slice **1 large red onion** into thin rings and **12 small radishes** into thin slices. Stir in 1 tbsp salt and **1 tbsp golden caster sugar** and leave for 20 mins. Warm **100ml cider vinegar** and 50ml water in a small saucepan, then pour over the vegetables. Stir to dissolve the sugar and salt, then leave to cool.

GOOD TO KNOW vegan • low fat • gluten free
PER SERVING 22 kcals • fat none • saturates none • carbs 4g • sugars 3g • fibre 1g • protein 1g • salt 0.6g



Find more delicious recipes for making during Ramadan on our website, bbcgoodfoodme.com.





Gorgeous & green!

Make the most of beautiful, vibrant produce with these new recipes

recipes BARNEY DESMAZERY and LULU GRIMES

photographs STUART OVENDEN



Pea, broad bean & rocket risotto with chicken, p40



Nettle spanakopita, p40

Pea, broad bean & rocket risotto with chicken

We're always looking for ways to waste less food, and this recipe does just that! It has bags more flavour than the average risotto, as it's cleverly made from a tasty stock of the pea pods, woody asparagus ends, and parsley stalks, which normally get thrown away.

SERVES 4 PREP 20 mins

COOK 50 mins EASY

1 litre vegetable stock
250g fresh peas in their pods, podded and pods reserved
200g bunch asparagus, trimmed (woody ends reserved) and sliced
small pack parsley (25g), leaves picked and roughly chopped, stalks reserved
3 tbsp olive oil
50g butter
1 onion, finely chopped
300g risotto rice

small glass of white wine
100g podded, blanched broad beans (peeled if you like)
3 skinless chicken breasts
50g parmesan, finely grated
handful wild rocket

- 1 To make the base, bring the stock to the boil, then add the pea pods and asparagus ends. Simmer for 2 mins, then add the parsley stalks and take off the heat. Use a powerful stick blender to blitz everything to make a green stock, then pass through a sieve into a jug. Set aside.
- 2 Heat 2 tbsp of the oil and half the butter in a heavy, wide pan. Tip in the onion and sizzle gently for 5 mins until soft. Turn up the heat slightly, tip in the rice and stir for a few mins. Pour in the wine and cook down until it has been absorbed into the rice.
- 3 Add ladles of stock to the rice, stirring, adding another ladleful after it's been absorbed. Once the rice is starting to soften but is still chalky (about 20 mins), stir in the

peas and asparagus. Keep adding stock until it's all been used and the rice is just cooked, then stir through the broad beans.

- 4 While the rice is cooking, heat the remaining oil in a frying pan. Season the chicken and pan-fry for 3-4 mins each side until lightly browned and just cooked through. Turn the heat off but leave the chicken in the pan to keep warm.
- 5 Once the risotto is cooked, take off the heat and scatter over the parmesan, the rest of the butter and the parsley leaves. Cover the pan and leave to sit for a few mins. Carve the chicken into thick slices, give the risotto a good stir, season well and scatter over the rocket. Serve the risotto topped with the sliced chicken.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING 727 kcals • fat 26g • saturates 11g • carbs 72g • sugars 6g • fibre 8g • protein 43g • salt 1.2g



Turn this into a vegan main course by using just olive oil instead of butter, omitting the chicken and leaving out the parmesan.

Nettle spanakopita

We used nettles instead of spinach in this twist on the classic, crispy Greek filo pie. Young nettles are a sweet, nutritious and free alternative to spinach.

SERVES 6 PREP 20 mins plus cooling

COOK 50 mins MORE EFFORT V

150g nettle leaves
100g butter, 25g solid, 75g melted
200g feta, crumbled
50g parmesan, finely grated
1 lemon, zested and juiced
1 egg, beaten
grated nutmeg
7 sheets filo pastry
1 tbsp sesame seeds
green salad, to serve

- 1 For the filling, wash the nettles well but don't drain them too thoroughly. Heat the solid butter in a large frying pan. When it's sizzling and has turned a nutty brown, add the nettles and cook for about 6 mins until wilted. Leave to cool.
- 2 Using a tea towel, squeeze as much liquid out of the nettles as you can, then roughly chop and tip into a bowl. Mix in the feta, parmesan, lemon zest and juice, about two-thirds of the egg and some nutmeg, and season generously. The filling should be loose but not sloppy.
- 3 Heat oven to 200C/180C fan/gas 6. To assemble the spanakopita, lay three sheets of filo end-to-end on your work surface, overlapping by about 5cm. Brush each piece with melted butter and top with three more sheets, then brush with more butter and add the final sheet to the middle for

extra support. Spoon the nettle mix along the edge, about 2cm wide, and tuck over the short ends to stop any filling from coming out. Roll the pastry into a long sausage shape. Starting with one end, roll up the sausage into a spiral shape about 20cm wide. Put the spanakopita in a shallow round pan, like an ovenproof frying pan, if it fits. If not, slide it onto a buttered baking tray.

- 4 Brush the pie liberally with the remaining egg and scatter with the sesame seeds. Bake for 40-45 mins or until golden brown. Leave to cool until just warm, then serve in slices with a peppery salad.

GOOD TO KNOW calcium
PER SERVING energy 421 kcals • fat 26 • saturates 15g • carbs 30g • sugars 2g • fibre 4g • protein 15g • salt 1.8g

Pea & broad bean shakshuka

We've turned this classic brunch dish into more of a main course by adding seasonal spring vegetables.

SERVES 4 PREP 20 mins

COOK 30 mins EASY V

1 bunch asparagus spears
200g sprouting broccoli
2 tbsp olive oil
2 spring onions, finely sliced
2 tsp cumin seeds
large pinch cayenne pepper, plus extra to serve
4 ripe tomatoes, chopped
1 small pack parsley, finely chopped
50g shelled peas
50g podded broad beans
4 large eggs
50g pea shoots
Greek yogurt and flatbreads, to serve

1 Trim or snap the woody ends off the asparagus and finely slice the spears, leaving the tips and about 2cm at the top intact. Finely slice the broccoli in the same way, leaving the heads and about 2cm of stalk intact. Heat the oil in a frying pan. Add the spring onions, sliced asparagus and sliced broccoli, and fry gently until the veg softens a little, then add the cumin seeds, cayenne, tomatoes (with their juices), parsley and plenty of seasoning, and stir. Cover with a lid and cook for 5 mins to make a base sauce, then add the asparagus spears, broccoli heads, peas and broad beans, cover again and cook for 2 mins.

2 Make 4 dips in the mixture. Break an egg into each dip, arrange half the pea shoots around the eggs, season well, cover with a lid and cook until the egg whites are just set. Serve with the rest of the pea shoots, a spoonful of yogurt and some flatbreads, and sprinkle over another pinch of cayenne, if you like.

GOOD TO KNOW healthy • folate • fibre • vit c •

3 of 5-a-day • gluten free

PER SERVING energy 199 kJ • fat 12g • saturates 2g • carbs 7g • sugars 5g • fibre 7g • protein 13g • salt 0.2g





**Courgette, jalapeño
& feta nachos, p44**



TAILOR-MADE
CHOCOLATE BOXES

from AED 14*



RAMADAN KAREEM

Shakespeare and Co.

Our exquisite, handmade chocolates have been dedicatedly crafted to be savored by the senses, and proudly manufactured in the UAE since 2004.

Using artisanal techniques and premium quality ingredients, our delectable chocolates contain no artificial additives or preservatives.

Express your appreciation for your clients and business partners with unforgettable, customized chocolates and dates gifts by Shakespeare and Co.

Get a tailor-made box of chocolates in 2 easy steps:

- Create your own chocolate box
- Select your favorite chocolates

We are more than happy to assist you each step of the way.
Do not hesitate to get in touch with our dedicated team.

(*) More options available | Minimum order of 10 boxes | Discounts available for bulk orders

 chocolates@shakespeareandco.ae

 +971 4 329 1040

 [shakespeareandcouae](https://www.facebook.com/shakespeareandcouae)

 [shakespeareandco](https://www.instagram.com/shakespeareandco)

Courgette, jalapeño & feta nachos

SERVES 4 **PREP** 15 mins

COOK 25 mins **EASY** **V**

1 onion, finely chopped
2 tbsp olive oil
2 jalapeño chillies, finely sliced
2 courgettes, finely chopped
1 tsp sweet smoked paprika
2 small Little Gem lettuces, chopped
1 small pack coriander, chopped
150ml double cream

200g feta, chopped
1 bag plain tortilla chips
50g pumpkin seeds

1 Heat oven to 200C/180C fan/gas 6. Fry the onion in the oil until softening, then add the chillies and courgettes and fry until starting to soften. Add the paprika, season well, and fry for a min more, then stir in the lettuce and cook until wilted. Stir in half the coriander.

2 Melt the cream and feta in a small pan, whisking out any lumps. Put the pumpkin seeds in a small ovenproof dish and roast for 5-8 mins or until toasted.

Tip the tortilla chips onto a baking tray and warm in the oven for 5 mins.

3 Arrange the tortilla chips on a large platter and spoon over the courgette and jalapeño mixture, followed by the feta cream. Scatter over the remaining coriander and pumpkin seeds.

GOOD TO KNOW calcium • folate • fibre • 2 of 5-a-day • gluten free

PER SERVING energy 744 kJ • fat 56g • saturates 23g • carbs 38g • sugars 8g • fibre 8g • protein 19g • salt 2.1g



Mint chutney, barbecued lamb & potato salad

Here we've given mint star billing by turning it into a punchy, Indian-style fresh chutney, which we've used three ways – as a marinade, as a dressing and as the base to a sauce.

SERVES 6 **PREP** 20 mins plus at least 2 hrs marinating **COOK** 1 hr **EASY**

1 small leg of lamb, about 1.5kg, butterflied (ask your butcher to do this for you)

For the chutney

1 large pack mint (about 100g), leaves picked
1 small pack coriander
3 garlic cloves
1 finger-sized piece of ginger
2 green chillies, deseeded if you like
2 tsp cumin seeds, toasted
1 lemon, juiced

For the potatoes

800g new potatoes, halved
100g peas, frozen or fresh and podded
2 spring onions, sliced
200g Greek yogurt

1 First, make the chutney. Put all the ingredients with a good pinch of salt and a small splash of water in a minichopper or food processor and blitz to a chunky paste. *Will keep in the fridge for two days.*

2 Use one-third of the chutney to marinate the lamb for at least a couple of hours, or up to 24 hrs before. To make the potato salad, boil the potatoes until just cooked, around 12-15 mins. When they've got about a minute left, add the peas. Drain and leave to cool. Toss the spring onions through the potatoes and peas, then dress with one-third of the chutney and the yogurt. *Can be made a day ahead and chilled in the fridge. Take out 1 hr before serving.*

3 To cook the lamb, heat the barbecue until the coals are ashen. Grill the lamb, flesh-side down, for about 25 mins, then flip it over and cook on the fat side for about 15 mins until charred and sizzling. When the lamb is cooked to your liking, leave it to rest on a warm platter to catch the juices. To serve, carve the lamb into thick slices, again catching the juices. In a bowl, mix the cooking juices with the remaining chutney, and serve alongside the lamb.

GOOD TO KNOW folate • vit c • iron • gluten free
PER SERVING energy 579 kJ • fat 29g • saturates 13g • carbs 24g • sugars 4g • fibre 4g • protein 55g • salt 0.4g



You can also cook the lamb in the oven. Heat oven to 220C/200C fan/gas 7, place it on a baking tray, cook for 15 mins, then reduce the oven to 180C/160C fan/gas 4 and cook for 15 mins more. Leave to rest for 15 mins.



رمضان كريم
RAMADAN
KAREEM



Enjoy Iftar this Ramadan at GBR with your family and friends. Indulge in a great variety of Arabic delicacies and International favourites in a new dining experience on the Palm Jumeirah.

Price

AED 175 per person | AED 145 per person for groups of 10 guests or more

Children 0 - 5 years is free | Children 6 - 11 years is AED 87.5 per child

Time

Daily Iftar until 9:00PM and Suhoor from 9:30PM - 02:30AM

DUKES Dubai - Palm Jumeirah

+971 4 455 1101-dining.dubai@dukeshotel.com

 @gbrdubai  @gbr_uae  @gbr_uae www.dukesdubai.com



**Mint chutney, barbecued
lamb & potato salad, p44**

Discover The True Taste Of Tradition This Ramadan.



As a world-renowned name in luxury dates and gourmet chocolates, Bateel is the ultimate destination for gifting and indulgence, offering an exquisite Ramadan collection and a mouthwatering 3 or 4 course Iftar menu.

With a heritage of over 25 years, Bateel offers a unique gourmet experience, an extraordinary level of customer service and the most perfect accompaniments to your own Ramadan traditions.

Iftar delights

Wow guests with these brand-new,
unique recipes

recipes CASSIE BEST *photographs* STUART OVENDEN

Banana & choc bundt cake with
peanut caramel drizzle, p51



Soft polenta with roast squash,
kale & hazelnuts, p51



Griddled pineapple & chicken salad with nam jim dressing, p52

Banana & choc bundt cake with peanut caramel drizzle

It's best to use really ripe bananas for this recipe – the blacker they are, the more flavour they'll have. If your bananas aren't quite ready, stick them in a low oven, in their skins, for 30 minutes until they're black.

SERVES 12 PREP 35 mins
COOK 1 hr EASY

200g butter, melted, plus a little for greasing
3 tbsp cocoa powder
3 large ripe bananas
150ml full-fat milk, plus 1 tbsp for the icing
3 large eggs
1 tsp vanilla extract
350g self-raising flour
1 tsp bicarbonate of soda
350g soft light brown sugar
150g natural yogurt

100g dark chocolate chips or bar of chocolate, chopped into small chunks
80g salted peanuts, roughly chopped
100g dulce de leche caramel, from a can or jar

1 Heat oven to 180C/160C fan/gas 4. Grease a 2.5-litre bundt tin (ours was 26cm in diameter, available from nordicware.com) with some melted butter, making sure you get in all the crevices. Mix the cocoa with 50ml kettle-hot water and set aside to cool.

2 Mash the bananas, then stir in the butter, milk, eggs and vanilla. In another bowl, combine the flour, bicarb, sugar and $\frac{1}{2}$ tsp salt. Shake the bowl a few times to encourage any lumps of sugar to come to the surface, squeeze them through your fingers and mix again.

3 Stir the banana mixture into the dry ingredients, then transfer half

the cake mixture to another bowl. Add the cocoa mix, 50g yogurt and the chocolate chips to one bowl, and the remaining 100g yogurt and 50g peanuts to the other.

4 Scrape the peanut mixture into the prepared tin, then spoon over the chocolate mixture. Swirl a skewer through the two cake mixtures to create a marbled effect. Bake on the middle shelf for 1 hr. Check the cake is cooked by inserting a skewer into the centre of the sponge – if it comes out coated in any wet mixture, return to the oven for 10 mins more, then check again. Cool for 15 mins in the tin, then transfer to a wire rack to cool completely.

5 Mix the caramel with 1 tbsp milk to create a drizzly icing. Once the cake is cool, drizzle over the icing and scatter with the remaining peanuts. *Will keep in a tin for four days.*

PER SERVING 530 kcals • fat 25g • saturates 13g • carbs 65g • sugars 41g • fibre 4g • protein 10g • salt 1.0g

Soft polenta with roast squash, kale & hazelnuts

This dish makes a wonderful accompaniment to a roast chicken. It works well as a vegetarian main course too.

SERVES 4 PREP 25 mins
COOK 40 mins EASY V

100g shallots
 $\frac{1}{2}$ butternut squash, peeled and chopped into chunks
3 tbsp olive oil
3 thyme sprigs, leaves picked
2 garlic cloves, crushed
 $\frac{1}{2}$ tsp chilli flakes
freshly grated nutmeg (about $\frac{1}{4}$ of a whole nutmeg)
200g curly kale, tough stalks removed
1 lemon, zested and juiced
50g hazelnuts, halved or roughly chopped
700ml chicken or vegetable stock

150g fine polenta
50ml milk
50g parmesan or ricotta salata (available from ocado.com), plus some shavings to serve

1 Boil the kettle, put the shallots in a bowl, pour over kettle-hot water and set aside for 10 mins. This will make them much easier to peel. Heat oven to 200C/180C fan/gas 6.

2 Once cooled a little, drain and peel the shallots, and halve any large ones. In a large roasting tin, toss the shallots and squash with 1 tbsp oil and some seasoning. Roast for 25 mins.

3 Add the thyme, garlic, chilli, nutmeg, kale, lemon zest and hazelnuts to the roasting tin. Season and toss with the remaining oil. Return to the oven for another 15 mins.

4 While the vegetables are roasting, bring the stock to the boil in a saucepan. Pour in the polenta in a thin, steady stream, whisking

continuously. Cook for 2-3 mins, then add the milk, season well and stir in the cheese. The polenta should have the consistency of loose mashed potato. Keep warm until ready to serve – the polenta will form a skin and thicken if left for too long, so cover with a piece of baking parchment, and stir in some extra milk if you need to.

5 To serve, pour the warm polenta onto a large serving platter and top with the roasted veg. Squeeze over a little lemon juice and finish with some parmesan shavings.

GOOD TO KNOW low cal • calcium • fibre • vit c • 2 of 5-a-day • good for you

PER SERVING 442 kcals • fat 23g • saturates 5g • carbs 37g • sugars 7g • fibre 8g • protein 18g • salt 0.8g

Griddled pineapple & chicken salad with nam jim dressing

I learnt about blanching the chillies in a Thai cookery class – you still get all the flavour but remove some of the stinging heat.

SERVES 4 PREP 25 mins

COOK 15 mins EASY

100g green beans, topped
3 skinless chicken breasts
1 small pineapple
1 tbsp groundnut oil
small bunch mint, leaves picked
½ small bunch coriander, leaves picked
100g beansprouts
50g honey-roasted peanuts, roughly chopped
150g cherry tomatoes, halved

For the dressing

3 red bird's-eye chillies, deseeded and roughly chopped

1 tbsp palm sugar or soft light brown sugar
2 garlic cloves
½ small bunch coriander, roughly chopped
2 tbsp fish sauce
2 limes, zested and juiced
1 tbsp groundnut oil

1 Bring a saucepan of salted water to the boil. Add the beans, cook for 30 secs, then scoop out with a slotted spoon and plunge straight into cold water. Bring the water back to the boil, add the chicken breasts, then reduce the heat to a gentle bubble. After 3 mins, remove the pan from the heat but leave the chicken to continue poaching for 10 mins. Check the chicken is cooked through, then drain or poach for a few mins more if necessary.

2 Peel the pineapple and cut through the core into quarters. Cut out and discard the core, then thinly slice.

Heat a griddle pan until very hot. Brush the pineapple slices with a little oil and cook for 1-2 mins each side until charred and just starting to soften. Transfer to a plate.

3 For the dressing, put the chillies in a small bowl, cover with kettle-hot water and set aside for 5 mins. Put the sugar, garlic and coriander in a mortar and pound to a paste with a pestle. Drain the chilli, add to the mortar, then pound again. Stir in the remaining dressing ingredients and taste to make sure you have a good balance of hot, sweet, sour and salty – adjust with more chilli, sugar, lime or fish sauce, if you like.

4 Shred the chicken and pile onto a platter with the remaining salad ingredients. Drizzle with the dressing and toss together just before serving.

GOOD TO KNOW low cal • folate • vit c • 2 of 5-a-day
PER SERVING 326 kcals • fat 12g • saturates 2g • carbs 22g • sugars 20g • fibre 5g • protein 29g • salt 1.8g

Venison, Stilton & rosemary pasties

MAKES 6 PREP 55 mins plus
2 hrs resting COOK 1 hr 30 mins
MORE EFFORT

300g stewing venison, chopped into small chunks
3 tbsp plain flour
2 tsp English mustard powder
2 tbsp vegetable, sunflower or rapeseed oil
1 onion, finely chopped
3 rosemary sprigs, leaves picked and chopped
1 beef stock cube
1 medium potato, finely diced
1 tbsp honey
70g Stilton, crumbled

For the pastry

300g plain flour
1 tsp English mustard powder
125g butter, chilled
1 egg, beaten
1 tbsp poppy seeds

1 Toss the venison in the flour, mustard powder and plenty of seasoning. Heat the oil in a large flameproof casserole dish, and brown the venison in batches.

Take your time doing this to build up some good meaty flavours. Transfer the venison to a plate.

2 Add the onion to the dish and cook for 5 mins to soften, stirring to release any meaty bits from the bottom of the dish. Sprinkle any remaining flour back into the dish and add the rosemary, stock cube, venison, some salt, plenty of black pepper and 200ml water. Cover and cook for 45 mins until the meat is tender but not falling apart. Stir every now and then, and add a splash of water if the dish looks dry.
3 Add the potato, honey and a splash of water if necessary. Cover and cook for 10 mins until the potato is just cooked. Leave to cool completely (*you can chill overnight or freeze for up to two months*).

4 To make the pastry, tip the flour into a bowl and add the mustard powder and 1 tsp salt. Grate the butter into the flour, mixing in the strands and dipping the end of the block in flour every now and then to prevent it from clumping. Use a cutlery knife to stir the butter into the flour. Add 100-125ml cold water and mix again with your knife until

the pastry forms a dough. Wrap in cling film and chill for at least 1 hr, removing the pastry from the fridge 10 mins before you roll it.

5 Heat oven to 200C/180C fan/gas 6. On a floured surface, roll the pastry to the thickness of a £1 coin. Use a plate as a guide to cut out six 16cm circles. You may have to reroll the scraps to make all six.

6 Divide the venison stew between the pastry discs, piling up the filling on one side. Crumble a little Stilton over each one. Brush egg wash around the end of each pastry circle, then lift one side and stick down on the other to create pasties. Use a fork, or two fingers, to crimp the edges firmly shut. Transfer to baking trays lined with baking parchment and brush with more beaten egg. Brush with egg and cover in poppy seeds. You can now chill for 24 hrs, or cook straight away.

7 Bake for 30 mins, swapping the trays over halfway through cooking if you need to, until the pastry is crisp and golden. Serve warm.

PER PASTY 584 kcals • fat 29g • saturates 15g • carbs 56g • sugars 5g • fibre 3g • protein 23g • salt 1.1g



Masala mackerel

The strong flavour of mackerel can handle some spice, so I've paired it with aromatic cumin, coriander and fennel, plus fiery ginger.

SERVES 4 **PREP** 20 mins
COOK 15 mins **EASY**

4 mackerels (ask your fishmonger to gut and wash them), heads removed
drizzle of rapeseed, vegetable or sunflower oil
rice, to serve (optional)

For the masala paste

1 tsp cumin seeds
½ tsp coriander seeds
½ tsp fennel seeds
2 tsp garam masala
1 roasted red pepper, from a jar
2 garlic cloves
thumb-sized piece ginger, peeled and roughly chopped
1 small onion, halved
1 tbsp tomato purée
2 tbsp desiccated coconut

For the green yogurt

250g pot natural yogurt
small bunch coriander, plus a few leaves to serve

2 limes, 1 zested, ½ juiced (see below), 1 cut into wedges to serve
1 tsp sugar
2 spring onions
For the pickled onions
1 red onion, thinly sliced
½ lime, juiced
½ tsp sugar

1 First make the masala paste. Tip the seeds into a dry frying pan, toast for 1-2 mins until aromatic, then tip into the small bowl of a food processor. Add the remaining paste ingredients, season with salt and whizz until everything is finely chopped and well combined. Add a splash of water and combine well.

2 Slash each mackerel a few times on each side. Rub the paste all over each fish, making sure you get into the slashes. Cover with cling film and chill for 1 hr, or overnight if you like.

3 For the yogurt, combine the ingredients in the small bowl of your food processor, season well and chill until ready to serve. Put

the ingredients for the pickled onions in a bowl. Massage the lime juice and sugar into the onion rings for 1-2 mins, then cover and set aside at room temperature to pickle for 30 mins, or overnight if you prefer.

4 If serving with rice, make sure you have this on the go. Heat the grill to high. Put the mackerel on a baking tray lined with foil. Drizzle with a little oil and grill for 5-6 mins each side, or until the flesh is cooked through – it should easily slide away from the bones when pushed with a knife.

5 To serve, arrange the fish on a platter. If the yogurt has thickened, loosen it with a drizzle of water – it should be like single cream. Drizzle it over the fish, then top with pickled onions, coriander leaves and lime wedges. Serve the rice on the side, with extra green yogurt sauce.

GOOD TO KNOW iron • omega-3 • 1 of 5-a-day • gluten free
PER SERVING 783 kcal • fat 58g • saturates 16g • carbs 13g • sugars 10g • fibre 3g • protein 50g • salt 1.1g



Food styling JENNIFER JOYCE | Styling SARAH BIRKS



MÖVENPICK

HOTEL IBN BATTUTA GATE
DUBAI



Experience

the true spirit of Ramadan

Welcome the arrival of Ramadan by celebrating the descent of the sun amidst the perfect backdrop of Al Bahou's stunning 88 Arabic lanterns.

Gather your family and friends for an exceptional Iftar inspired by Ibn Battuta's travels through India, Italy, Morocco and Asia, accompanied by the soothing sounds of the traditional Oud. Embrace the spirit and traditions of this special time of the year for only AED 185 per person* from sunset to 9pm.

Call now on **04 444 5613** or email us at dine.ibnbattuta@movenpick.com

*50% discount for children between 7 – 12 years of age.

For exclusive corporate iftar bookings please call 04 444 5432

Prices include full iftar buffet, water and Ramadhan juices only.

Mövenpick Hotel Ibn Battuta Gate Dubai

Adjacent to Ibn Battuta Mall, P.O.Box 211508, Dubai United Arab Emirates

Tel: +971 4 444 0000 | Email: hotel.dubai.ibnbattuta@movenpick.com

movenpick.com/Dubai-ibn-battuta



London-based Niomi, a blogger and YouTube sensation, has more than 1.6 million subscribers to her lifestyle channel. Her book, *Eat Smart*, is packed with everyday healthy eating ideas.

@niomismart

new food talent **Niomi's** vegan tagine

This month, **Niomi Smart** shares her recipe for a flavour-packed Moroccan dish

photograph MIKE ENGLISH

Vegetable tagine with apricot quinoa

As ingredients like pomegranates and preserved lemons are more readily available now, I wanted to show how simple it is to incorporate their punchy flavours into dishes at home. This vegan recipe is a good source of iron and gives you all 5 of your 5-a-day!

SERVES 4 PREP 30 mins

COOK 45 mins EASY V

For the tagine

1 tsp coconut oil or olive oil
1 red onion, chopped
2 garlic cloves, crushed
½ butternut squash (500g), deseeded, peeled and chopped
1 large aubergine (500g), chopped into large chunks
2 red peppers, chopped
400g can chickpeas, drained
400g can chopped tomatoes
500ml vegan vegetable stock (such as Marigold Vegan Bouillon Powder)
1 tsp ground cinnamon
1 tsp ground cumin
2 tsp turmeric
2 tsp paprika
small bunch coriander, chopped
small bunch mint, chopped, plus extra to serve
pomegranate seeds, to serve (optional)

For the apricot quinoa

280g quinoa
80g dried apricots, chopped
20g flaked almonds, toasted

For the dressing

4 tbsp tahini
2 tsp preserved lemon, finely chopped, plus 2 tsp liquid from the jar
6 tbsp almond milk

1 Heat the oil in a large frying pan and fry the onion over a medium heat for 3 mins. Add the garlic and butternut squash, and cook for a further 7 mins.
2 Add the remaining vegetables and continue to fry for 3 mins before adding the chickpeas, tomatoes and stock, along with the spices and seasoning. Simmer for 30 mins, uncovered. Meanwhile, put 750ml water in a small saucepan, bring to a simmer, then add the quinoa and cook for 20 mins. When cooked, stir in the apricots and almonds, plus a pinch of salt.
3 To make the tahini dressing, whisk together all the ingredients in a small bowl. Season with a pinch of salt.
4 Serve the quinoa with the tagine, and drizzle the tahini dressing over the top. Scatter over some chopped coriander and mint and the pomegranate seeds, if using, to finish.

GOOD TO KNOW vegan • low fat • calcium • folate • fibre • vit c • iron • 5 of 5-a-day

PER SERVING 650 kJ • fat 20g • saturates 3g • carbs 80g • sugars 31g • fibre 23g • protein 25g • salt 0.5g



'Madeleine Shaw – her recipes are delicious, and she's created a really strong business and brand.'







Slow cooker specials

There are few more convenient ways to cook than in a slow cooker. We've created these three new hassle-free suppers that are ideal for relaxed get-togethers with friends

recipes SARA BUENFELD *photographs* ROB STREETER

Slow-cooked Spanish chicken, p60

Chunky cucumber raita, p60



Barbacoa, p60



White cabbage & radish slaw

SERVES 4 PREP 10 mins
NO COOK V

1 orange, juiced
1 tbsp vinegar
1 red chilli, deseeded and finely chopped (leave out if you don't like spicy food)
1 red onion, halved and thinly sliced
300g shredded white cabbage
150g radishes, thinly sliced
generous handful chopped coriander

Mix the orange juice, vinegar, chilli and onion in a large bowl, and mix with a little salt. Add the cabbage, radishes and coriander, and toss really well.

GOOD TO KNOW healthy • low fat • folate • vit c • gluten free
PER SERVING 48 kcals • fat none • saturates none • carbs 8g • sugars 8g • fibre 4g • protein 2g • salt none

Chunky cucumber raita

If you want to make this ahead, keep the cucumber separate from the herby yogurt until the last minute, otherwise the salt will draw the water from the cucumber and make the mixture too thin.

SERVES 6 PREP 10 mins
NO COOK V

Tip **500g Greek yogurt** into a food processor with **20g mint**, **30g coriander** and **½ tsp salt**, then blitz until smooth. Halve **1 cucumber** lengthways and remove the seeds with a teaspoon. Discard the seeds, then thinly slice. Stir into the herby yogurt just before serving.

GOOD TO KNOW gluten free
PER SERVING 122 kcals • fat 9g • saturates 6g • carbs 5g • sugars 4g • fibre 1g • protein 6g • salt 0.5g

Barbacoa

This slowly braised meat, which is hugely popular in Mexico, is perfect for making in a slow cooker. We've used half a lamb shoulder, but make sure you don't buy one with the joint attached, as it won't easily fit it in the cooking pot. This recipe contains dried chillies but it isn't at all hot. Serve the braise in big bowls with some slaw on top.

SERVES 4 PREP 15 mins
COOK 7 hrs EASY ✨

4 tomatoes, quartered
2 dried ancho chillies, seeds removed (see tip, below)
1 tsp dried oregano
1 tsp cumin seeds
1 garlic bulb, cloves peeled
½ shoulder of lamb, bone in (about 1.25kg)
50g dark chocolate, broken into squares
1 cinnamon stick
8 large new potatoes, about 450g
white cabbage & radish slaw (left), to serve

1 Put the tomatoes, chillies, oregano, cumin and garlic in a food processor. Add 1 tsp salt and blitz until smooth.

2 Put the lamb in the slow cooker pot (we used a 6.5-litre model). Pour over the chilli mix, then add the chocolate, cinnamon stick and whole potatoes. Cover and cook on low for 7 hrs until the lamb is really tender and the potatoes are still firm.

3 To serve, remove the bones and skin from the lamb and pull the meat apart into large chunks. Chop the potatoes into chunks and skim the fat from the cooking juices. Serve the lamb, potato and juices in bowls with the slaw on top.

GOOD TO KNOW iron • 1 of 5-a-day
PER SERVING 752 kcals • fat 43g • saturates 21g • carbs 24g • sugars 7g • fibre 5g • protein 45g • salt 1.6g

Slow-cooked Spanish chicken

Tangy olives, sweet peppers and spicy beef chorizo pack plenty of flavour into this dish. Serve it with rice or pasta, even crusty bread if you want to keep it really simple – you won't want to waste any of the delicious juices.

SERVES 6 PREP 15 mins
COOK 6 hrs 20 mins EASY ✨

2 tbsp olive oil
1 Spanish onion, halved and sliced
12 large bone-in chicken thighs, skin removed
225g pack beef chorizo picante, thickly sliced
pack of 3 mixed colour peppers, cut into chunks
150g (drained weight) pitted Spanish pimiento stuffed green olives
300ml chicken stock
1 tbsp tomato purée

1 Heat the oil in a large frying pan. Fry the onion for about 5 mins until golden. Tip into the slow cooker pot (we used a 6.5-litre model), then fry the chicken and chorizo in the same pan until starting to colour – you will need to do this in two batches. Add to the slow cooker with the peppers and olives.

2 Tip the stock and tomato purée into the pan. Scrape up any bits stuck to the bottom, then tip into the slow cooker, cover and cook on low for 6 hrs.

GOOD TO KNOW vit c • 2 of 5-a-day
PER SERVING 447 kcals • fat 27g • saturates 8g • carbs 7g • sugars 6g • fibre 4g • protein 34g • salt 2.9g



If you have trouble getting the seeds out of the dried chillies, pour boiling water over them and leave for just 1-2 mins – they will quickly soften enough to cut them open.



Don't have a slow cooker? Our expert team tested a range to find the best buys. Find our recommendations at bbcgoodfoodme.com



Sheraton®

DUBAI CREEK
HOTEL & TOWERS

GET TOGETHER TO CELEBRATE THE JOY OF RAMADAN AT Sheraton Dubai Creek Hotel & Towers

IFTAR BUFFET AT HATTA AED 149 per person

Delicious Iftar buffet spread that varies every night. Traditional Arabic shawarma, charcoal-grilled meat selections, including shish taouk, kofta and mixed-grilled meats in various marinades. A range of Arabic sweets and Ramadan juices.

Ashiana

Daily Family Buffet starting from AED 139 per person.

Vivaldi by Alfredo Russo

Special Mediterranean Set Menu for 149 AED per person
(Buffet options available for minimum of 60 people)

Ramadan Group Iftar offer


AED 129 per person for groups of 10 or more people in Hatta


رمضان كريم

Ramadan
Kareem

For Reservation: Ecelebrate.creek@sheraton.com | T +971 4 228 1111

www.SheratonDubaiCreek.com/Ramadan

 @SheratonDubaiCreek

 @SheratonDubaiCreek



CELEBRATE WITH

figs this Ramadan

The honeyed flavour of figs
works well in both sweet and
savoury dishes

recipes DIANA HENRY *photographs* PETER CASSIDY



Quails with figs
& walnut sauce, p66



Rye pizza with figs, fennel,
Gorgonzola & hazelnuts, p66



Good Food's contributing editor Diana Henry is an award-winning food writer. Her tenth book, *Simple* (Dhs120, Mitchell Beazley), is out this month.

@DianaHenryFood

Figs seduce with the promise of lusciousness, their skin so soft you want to stroke it before biting into it. But often they don't deliver. This is partly because their moment of perfect ripeness is fleeting; even when the skin is perfect, the flesh can be dry.

Whatever variety you're eating (skin colour ranges from green to almost black), you want sweetness, but not a cloying sweetness. Figs are never tart. There is no balance of sweetness and sharpness the way there is in an apple, but if the flesh is at the right point of ripeness, there's a freshness that stops the sweetness being sickly. Ripe figs are like good dessert wine: honeyed, mouth-filling, but not saccharine.

Figs are fragile little things. Picked when ripe and transported to a market

or a greengrocer nearby and you have every reason to expect fig nirvana. Wherever they come from, when you get sweet and musky figs, with interiors so red they look as if they've been painted, you're hooked again.

It's a cliché to say that figs should be treated simply, but it's true. They're great with chalky goat's cheeses and soft blues. For pudding, serve them with raspberries – they give figs a tartness that makes them sing.

But I'm a cook, and cooks like to cook. Plus, heat helps to bring out the honeyedness in unpromising fruits.

I love sweet and savoury together, so I put figs with duck, lamb and (as here) quail, often using something sweet or sweet-sour as a bridge – Marsala, balsamic vinegar, pomegranate molasses or honey.

Fig & raspberry crumble cake

Very simple and with lots of juicy fruit, this can be served at teatime or as a pudding.

SERVES 8 PREP 30 mins
COOK 1 hr 15 mins EASY

100g butter, softened, plus extra for greasing
150g golden caster sugar
2 large eggs, lightly beaten
½ tsp vanilla extract
125g plain flour
75g ground almonds (preferably freshly ground)
1 tsp baking powder
100g natural yogurt
7 large figs
175g raspberries
30g flaked almonds
crème fraîche, to serve
For the crumble topping
50g flour
25g cold butter, cut into cubes
35g soft light brown sugar

1 Heat oven to 180C/160C fan/gas 4. Grease and line the base of a 20cm springform cake tin. Make the crumble topping by rubbing the flour and butter together with your fingertips until you have a crumbly mixture. Stir in the sugar.

2 For the cake, cream the butter and sugar until pale and fluffy. Add the egg, a little at a time, beating well after each addition. Beat in the vanilla. Sift the flour and add the almonds and baking powder. Fold in 1 large tbsp of the flour mixture into the batter, then add the rest, alternating with the yogurt.

3 Snip the stalks off the figs. Halve four of them and chop the rest. Stir the chopped figs and one-third of the raspberries into the batter, then scrape into the prepared tin.

Lay the halved figs on top and sprinkle on half the remaining raspberries. Scatter on the crumble, then the rest of the raspberries, then the flaked almonds.

4 Bake in the oven for 1 hr 15 mins or until a skewer inserted into the centre of the cake comes out clean (check it after 1 hr). Leave in the tin for about 15 mins, then run a palette knife around the outside of the cake, carefully unclasp the surround, remove the base and the parchment, and slide the cake onto a serving plate. Serve with crème fraîche.

BENEFITS fibre
PER SERVING 517 kcal • fat 23g • saturates 9g •
carbs 65g • sugars 48g • fibre 6g • protein 10g •
salt 0.6g





Rye pizza with figs, fennel, Gorgonzola & hazelnuts

MAKES 2 x 30cm pizzas **PREP** 1 hr
plus 2-3 hrs rising **COOK** 45 mins
MORE EFFORT

For the dough

5g active dried yeast
250g strong white flour
125g '00' flour
125g rye flour
½ tsp sugar
1 tsp olive oil
semolina flour, for dusting

For the topping

1 large fennel bulb, any fronds reserved
juice ½ small lemon
1 tbsp olive oil
2 medium onions, halved and very finely sliced
¼ tsp fennel seeds, coarsely crushed in a mortar
a little extra virgin olive oil, for drizzling
12 small figs, halved
1½ tbsp balsamic vinegar
a little caster sugar, for sprinkling
180g Gorgonzola (or vegetarian alternative), broken into chunks
2 tbsp hazelnuts, halved and toasted

1 To make the dough, mix the yeast in a small bowl with 2 tbsp warm water and 1 tbsp strong white flour. Leave somewhere warm to 'sponge' for 20 mins or so (this dissolves and activates the yeast). Tip the three flours into a large bowl and make a well in the centre. Pour in the sponged yeast, 1 tsp salt, sugar, oil and 290ml warm water, and mix to form a wet dough. Knead for 10 mins until satiny and elastic, then put in a clean bowl, cover with a cloth and leave to double in size for 2½-3 hrs.

2 Quarter the fennel bulb lengthways and remove any tough outer leaves. Trim the base of each, thinly slice with a knife or mandolin, then put in a bowl with the lemon juice so it doesn't turn brown.

3 Heat the oil in a frying pan, add the onions and a pinch of salt, and fry over a medium heat for 7 mins. Add 1-2 tbsp of water, season with pepper, cover and cook on a low heat for 10 mins until softened. Add most of the fennel, along with the fennel seeds and seasoning, and cook for 3 mins, stirring every so often. If the mixture is still wet, uncover and bubble off any liquid.

4 An hour before cooking, heat the oven to its highest setting and put

a baking sheet or pizza stone in to heat. Tip the dough onto a lightly floured surface, knead it a little, then halve and roll each piece into a circle or rough square. Lift the dough and, while rotating, stretch with your fingertips until each piece is 30-32cm across and as thin as possible with a slightly thicker edge.

5 Sprinkle two large baking sheets with semolina and put the pizza bases on them. Top each base with the cooked onion and fennel mix, then the pieces of raw fennel, leaving a 3cm border. Drizzle with a little olive oil. Put the halved figs on top and spoon on a little balsamic vinegar and a sprinkle of sugar. Grind over some pepper. Carefully slide the first pizza onto the heated baking sheet in the oven. Bake for 8-12 mins until the dough is golden and the figs caramelised. Halfway through the cooking time, dot the pizza with the cheese. Scatter on the toasted hazelnuts and any reserved fennel fronds. Repeat with the second pizza.

BENEFITS vegetarian • calcium • folate • fibre • iron •
2 of 5-a-day

PER SERVING 698 kcals • fat 17g • saturates 6g •
carbs 109g • sugars 46g • fibre 16g • protein 19g •
salt 1.9g



Quails with figs & walnut sauce

SERVES 6 **PREP** 25 mins plus
overnight marinating **COOK** 45 mins
MORE EFFORT

2 bay leaves, crumbled
4 thyme sprigs, leaves picked
finely grated zest ½ small lemon
135ml extra virgin olive oil
12 quails
50g butter, cut into 12 small pieces
9 figs, stems snipped off and halved lengthways
2 tbsp honey
1½ tbsp balsamic vinegar
500ml chicken stock
For the walnut sauce
3 large garlic cloves
80g walnuts
150ml walnut oil
1 tbsp finely chopped flat-leaf parsley

1 To make a marinade, mix the herbs, lemon zest, seasoning and 6 tbsp olive oil in a large dish. Season the birds and spoon some marinade into the cavities. Roll them in the rest of the marinade, then cover and chill overnight.

2 For the walnut sauce, whizz the garlic and walnuts together with a little salt in a small food processor until finely chopped. Add the oil in a thin stream, as though you're making a mayonnaise. Stir in 2 tbsp warm water. Season with pepper, add the parsley and set aside.

3 Heat oven to 200C/180C fan/gas 6. To cook the quail, wipe any herbs from the breast area. Heat 3 tbsp olive oil in a large frying pan and, when really hot, quickly brown the birds all over, in batches, colouring but not cooking the meat.

4 Put a piece of butter inside each bird and put them into a roasting tin. Roast in the oven for 15-20 mins, depending on whether you like the

meat to be a little pink,. Put the figs in a small gratin dish in a single layer. Drizzle with the honey and balsamic, then season. Roast for 20 mins, alongside the quail, basting during cooking. The figs should be dark and tender but holding their shape. Cover to keep warm and set aside.

5 Put the quail on a warm platter and cover. Put the roasting tin on the hob over a high heat. Add the stock and boil until you have a slightly syrupy sauce, enough for 2 tbsp per serving of quail. Put two birds on each plate and spoon over the reduced sauce. Serve with three fig halves each and the walnut sauce.

BENEFITS fibre • iron

PER SERVING 1,097 kcals • fat 74g • saturates 16g •
carbs 39g • sugars 39g • fibre 7g • protein 50g •
salt 0.8g



THIS RAMADAN DINE YOUR WAY TO MOROCCO

AT nosh, MÖVENPICK HOTEL JUMEIRAH LAKES TOWERS

A journey through Morocco's jewel of the south awaits. Dine for a chance to win a two nights' stay at Mövenpick Hotel Mansour Eddahbi & Palais des Congrès Marrakech with round-trip tickets for two. Savour an exquisite Iftar buffet of Mediterranean and International delicacies paired with Ramadan juices, arabic sweets and desserts. Enjoy a variety of shisha flavours served at the outdoor terrace.

Iftar Buffet for **AED 130**

Daily from Sunset to 10.30 pm

Kids under six dine complimentary. Kids six to twelve get 50% discount.

Special rates are available for group bookings of 10 or more.

For reservations, call +971 4 438 0000 or email hotel.jumeirahlakestowers.fb@movenpick.com



Mövenpick Hotel Jumeirah Lakes Towers

Cluster A | +971 4 438 0000 | www.movenpick.com/jumeirah-lakes-towers



#MovenpickJLT

Star ingredient Beetroot

Versatile beets add a splash of colour and an earthy sweetness to these recipes

recipes DIANA HENRY *photographs* PETER CASSIDY



Beetroot fritters with soured cream & salmon tartare, p72



Beets & carrots with
cumin & haydari, p72

The sun is refusing to set, even though it's after midnight, and spreads a drowsy light over everything. I'm in an idyllic spot, sitting on a jetty that stretches from a small island in Stockholm's archipelago. My hostess is serving supper. The sheer simplicity of it makes it as beautiful as the setting. There are no candelabras – there aren't even serving dishes – just tea lights and an array of saucepans.

The buttery potatoes are covered in a shower of dill, the salmon has come straight from the smoker, there's a bowl of cool soured cream (of course there is). Then we lift a lid to find drained beets: vermilion globes that we peel ourselves and eat warm with the soured cream. The flesh is sweet, and yielding but firm – cutting beetroot is very satisfying.

Scandinavians love beetroot – they are to them what carrots are to us – and Americans do too. (There you find beetroot in salads with goat's cheese, nuts and oranges. They love them so much that they just call them beets, like they're an old friend.)

Russians love beetroot too, in meaty soups, in purées to eat with game, or diced and anointed with soured cream. In Georgia, beetroot is pounded with nuts, garlic, coriander, a little cayenne and red wine vinegar to produce a rough mixture that can be eaten as part of a zakuski spread, similar to meze.

With this wealth of possibilities, why on earth did the British end up pickling beetroot? This, for years, was how we knew it – the dark circles of colour on our salad plates, the ingredient that stained everything it touched.

Now things have changed. Not only are we boiling and roasting beetroot, we're buying different colours – candy-striped ones that, once cut, reveal concentric circles of deep pink and pale pink, and also golden ones (and all my recipes will work with these, if you find them). A salad with beetroot can now mean a plate of wafer-thin crunchy discs tossed with vinaigrette and poppy seeds.

The beetroot's sweetness is its greatest asset, and also its failing. In order to temper it, serve it with ingredients that bring out its earthiness and savouriness (such as lentils, fennel or celeriac), and foods that contrast with it (try yogurt, soured cream, tangy goat's cheese). I wouldn't say no to some sweet pickled beetroot (especially if there's herring or roast pork nearby), but there's so much more you can do with it.

Beetroot, lentil, celeriac & hazelnut salad

A lovely salad that you can serve warm or cold.

SERVES 6-8 as a side dish

PREP 20 mins **COOK** 2 hrs **EASY** V

1 large or 2 medium-sized beetroots
drizzle of extra virgin olive oil
175g Puy lentils
650ml vegetable stock
1 bay leaf
2 thyme sprigs
1 lemon, juiced
400g celeriac
35g hazelnuts, halved and toasted
2 tbsp chopped flat-leaf parsley
For the dressing
1 tbsp vinegar
¾ tsp Dijon mustard
1 tbsp crème de cassis
good pinch of sugar
4½ tbsp extra virgin olive oil (a fruity one, not a grassy Tuscan one)
90ml hazelnut oil

1 Heat oven to 190C/170C fan/gas 5. Scrub the beets but don't peel them. Put them in a roasting tin lined with plenty of foil, drizzle with olive oil and season. Pull the foil around them to make a kind of tent (don't wrap the beets tightly) and seal the edges. Bake for 1-2 hrs until completely tender right through – the time will depend on the size of the beets.

2 To make the dressing, combine the vinegar and mustard in a jug, then season. Add the remaining ingredients and whisk until amalgamated.

3 Put the lentils in a pan with the stock, bay and thyme. Bring to the boil, then turn down to a very gentle simmer. Cook for 12-15 mins until the lentils are just tender. The stock will be absorbed as the lentils cook (if this happens before the lentils are ready, just add some boiling water). Drain the lentils (if there is any liquid left) and set aside.

4 Fill a bowl with water and add the lemon juice. Peel the celeriac and cut it into matchsticks, dropping them into the acidulated water to stop the flesh discolouring. Steam or boil the celeriac until just tender.
5 Peel the cooked beets and cut the flesh into small wedges or matchsticks. Drain the celeriac and pat dry. Discard the bay and toss the lentils with the celeriac, hazelnuts, parsley and most of the dressing. Season to taste, then transfer to a serving dish. Season the beets and add them to the salad, spooning the rest of the dressing over the top.

GOOD TO KNOW folate • fibre • 2 of 5-a-day
PER SERVING (6) 383 kcal • fat 28g • saturates 3g • carbs 17g • sugars 5g • fibre 8g • protein 9g • salt 0.6g



Beetroot fritters with soured cream & salmon tartare

*I love the mixture of warm fritters,
cold cream and raw salmon.*

SERVES 6 as a starter or light lunch
PREP 30 mins **COOK** 25 mins

For the fritters

3 tbsp groundnut oil
1 small onion, finely chopped
1 garlic clove, crushed
225g Maris Piper potatoes
550g beetroot
2 large eggs, lightly beaten

For the tartare

450g salmon fillet, skin removed
2 shallots, very finely chopped
2 tbsp very finely chopped dill
½ lemon, juiced
3 tbsp extra virgin olive oil (a fruity
one, not a grassy Tuscan one)

To serve

300ml pot soured cream

1 Heat ½ tbsp groundnut oil in a large frying pan. Gently fry the onion until soft but not coloured. Add the garlic, cook for 1 min, then set aside. Peel and grate the potatoes and beets. Put the grated flesh of each into some muslin or a brand-new J-cloth (or a tea towel if you don't mind it getting stained) and squeeze out as much water as possible. Put the gratings into a bowl and add the cooked onions, the eggs and a good amount of seasoning.

2 To make the tartare, dice the salmon and mix with the other ingredients, plus some seasoning to taste. The mixture should be moist, so add a little more oil if you need to. Leave the tartare to sit while you cook the fritters.

3 Heat more oil in the frying pan and spoon in about ⅙ of the mixture per fritter. Cook until crusts have formed on one side, then flip over.

Once they're golden on both sides, turn down the heat and continue to cook until soft all the way through, flipping them from time to time (about 5 mins each side). Be careful not to get the outside too dark before the inside is cooked, and add more oil as you need it. Keep the cooked fritters warm in a low oven while you finish the rest.

4 Serve the warm fritters with a generous dollop of soured cream and spoonfuls of the tartare.

GOOD TO KNOW folate • omega-3 • 1 of 5-a-day •
gluten free

PER SERVING 333 kcals • fat 20g • saturates 4g •
carbs 15g • sugars 7g • fibre 3g • protein 21g • salt 0.3g

Beets & carrots with cumin & haydari

*Haydari is a Turkish meze of
strained yogurt, herbs and garlic.*

SERVES 6 as a starter, or as part of
a meze spread **PREP** 45 mins plus
2 hrs thickening **COOK** 10 mins **V**

400g Greek yogurt
1 red and 1 green chilli, halved,
deseeded and very finely chopped
small pack dill, leaves only,
roughly chopped
2 garlic cloves, crushed
5 tbsp extra virgin olive oil
600g cooked beetroot (not pickled)
400g carrots
2 tsp toasted cumin seeds
½ tbsp white balsamic vinegar
½ lemon
25g walnut pieces, lightly toasted

1 Make the haydari 2 hrs ahead of when you want to serve. Line a sieve with a piece of muslin or a brand-new J-cloth. Tip in the yogurt and leave for 2 hrs to thicken.

2 Put the drained yogurt in a bowl and combine with 2 tbsp of the olive oil, the dill (keeping some back for serving), garlic and chilli – don't overmix, you should still be able to see bits of chilli.

3 Peel and cut the carrots into matchsticks, and the beetroots into wedges. Heat 2 tbsp of the oil in a large frying pan over a medium heat. Add half the cumin seeds, cook for 30 secs, then add the carrots. Stir-fry for 1 min, then add the vinegar, a good squeeze of lemon

and some seasoning and quickly remove from the pan. Add ½ tbsp of oil to the pan with the rest of the cumin seeds. Cook for 30 secs, then add the beetroot. Squeeze on some more lemon juice and season.

4 Put some of the haydari on each of six plates, flattening it and swirling it a little with the back of a spoon. Spoon some beetroot on top, then some carrots, sprinkle with dill and walnuts, drizzle with a little more of the olive oil and serve.

GOOD TO KNOW folate • fibre • 2 of 5-a-day •
gluten free

PER SERVING 288 kcals • fat 19g • saturates 6g •
carbs 18g • sugars 16g • fibre 6g • protein 8g •
salt 0.4g

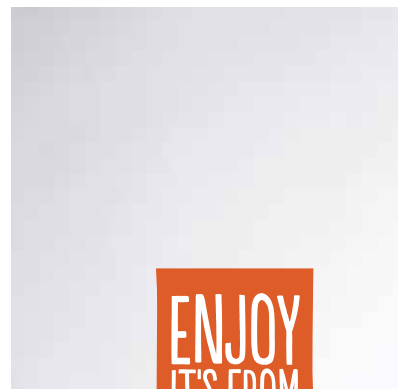


EUROPEAN DAIRY PRODUCTS

The tastiest moments of your day!



www.EuMilkyWay.eu



Bella pasta

Impressive dishes, easy family suppers and exciting new pestos – fresh inspiration for this storecupboard hero



Seafood spaghetti, p76



Spinach & ricotta rotolo, p76

Seafood spaghetti

SERVES 2 **PREP** 10 mins
COOK 15 mins **EASY**

175g spaghetti (or pasta of your choice)
1 tbsp olive oil
2 fat garlic cloves, crushed
2 red chillies, deseeded and finely chopped
150ml water
2 x 400g cans plum tomatoes
140g clams, washed
140g mussels, washed and beards removed (you can ask your fishmonger to do this)

100g cooked lobster meat
chilli oil or olive oil, to serve
½ small pack parsley, roughly chopped, to serve

1 Boil a large pan of salted water and cook the spaghetti following pack instructions. Meanwhile, heat the olive oil in a deep pan, add the garlic and chilli, and fry for 1-2 mins over a medium heat. Pour in the water and simmer for 3-5 mins until it reduces by a third. Tip in the tomatoes, burst them with a wooden spoon, season well and bring to a gentle simmer.
2 Add the clams and mussels (discard any broken or open ones) to the

tomato sauce, cover with a lid and cook for about 3 mins until the shells open. Use a slotted spoon to remove any clams or mussels with their shells still closed, then stir through the lobster meat.

3 Drain the spaghetti, then add to the pan along with a little of the cooking water. Toss the spaghetti with tongs to coat in the sauce. Serve in big bowls with a drizzle of chilli or olive oil, a scattering of parsley and some black pepper.

PER SERVING 600 kcals • fat 10g • saturates 2g • carbs 77g • sugars 14g • fibre 8g • protein 46g • salt 2.4g

Spinach & ricotta rotolo

SERVES 4-6 **PREP** 1 hr 30 mins
COOK 1 hr **A CHALLENGE** **V**

For the pasta dough

150g '00' flour
50g fine semolina, plus extra for dusting
1 large egg, plus 3 large egg yolks

For the tomato sauce

2 tbsp olive oil
1 garlic clove, finely sliced
400g can chopped tomatoes

For the filling

1kg spinach
1 garlic clove, finely sliced
50g butter
2 tsp chopped marjoram or oregano
500g ricotta

50g parmesan (or vegetarian alternative), grated, plus extra to serve
good-quality olive oil, for drizzling
You will need
a pasta machine

1 For the pasta, put all the ingredients in a food processor and pulse until they form a yellow ball of dough with a smooth and firm but slightly sticky texture – almost like plasticine. Wrap in cling film and set aside.

2 Next, make the tomato sauce. Heat the oil in a saucepan, add the garlic and cook until just softened. Add the tomatoes, season and cook gently for 25 mins, stirring now and then, until very thick. Set aside.

3 Wilt the spinach in a pan over a medium heat, then leave to cool. Squeeze well to remove the excess water, then roughly chop, season and leave to cool completely.

Gently fry the garlic in butter until softened, then remove from the heat and stir in the marjoram or oregano. Tip into a bowl and add the spinach, ricotta and parmesan.
4 Roll the pasta dough through the machine, progressively narrowing the rollers one notch at a time and sprinkling semolina over the rolled pasta. Cut the sheets into three or four pieces, each roughly 40cm long, and place them on a white tea towel. Using a little water and a pastry brush, stick the sheets together to create one long sheet, allowing a 1cm overlap.

5 Using a spatula, spread the filling over the pasta as evenly as possible, leaving a 1cm border around the edge.

6 Fold over the edge of the pasta nearest to you and, using the tea towel and the weight of the pasta, roll it away from you like you would

a Swiss roll. Brush the open edge of the pasta with a little water and press together to seal.

7 Wrap the pasta roll tightly in the tea towel and tie a piece of string round it every 10cm or so. Tie the ends with string to secure them, leaving a long piece of string at each end to act as a handle.

8 Bring a large pan of salted water to the boil (a fish kettle is ideal, but a deep roasting tin works well too) and cook the rotolo for 20 mins. Remove from the water and leave to cool.

9 Heat oven to 190C/170C fan/gas 5. Gently unwrap the rotolo and cut it into 3cm slices. Arrange the slices in a baking dish, spoon over the tomato sauce, sprinkle with parmesan and drizzle with a little olive oil. Bake for 15 mins until the pasta is hot and crisping around the edges.

PER SERVING (6) 493 kcals • fat 30g • saturates 14g • carbs 31g • sugars 6g • fibre 7g • protein 22g • salt 1.2g



Make the tomato sauce a day or two ahead of assembling the rotolo, if you like, or freeze it for up to two months.

Vincisgrassi

A luxurious take on lasagne, made with beef bacon, plus porcini and Portobello mushrooms.

SERVES 6-8 **PREP** 20 mins
COOK 50 mins **MORE EFFORT**

500ml chicken stock
30g pack dried porcini mushrooms
2 tbsp olive oil
100g butter
1 bay leaf
300g Portobello or chestnut mushrooms, sliced
1 garlic clove, crushed
75g plain flour
500ml hot whole milk
100ml double cream
140g beef bacon, roughly shredded
handful flat-leaf parsley leaves, chopped
12 sheets fresh lasagne
140g parmesan, $\frac{2}{3}$ finely grated, $\frac{1}{3}$ shaved
truffle oil (optional)

1 Bring the stock to the boil in a saucepan. Tip the dried mushrooms into a heatproof bowl or jug, pour over the hot stock and soak until the mushrooms have absorbed the stock and cooled. Drain the mushrooms back over the pan, pressing down to release all the stock. Reserve the stock, roughly chop the mushrooms and set aside.

2 Heat the olive oil and two-thirds of the butter in a large, shallow saucepan. Add the soaked mushrooms and bay leaf, sizzle for a few mins, then turn up the heat, add the fresh mushrooms and garlic, and fry until soft. Season, scatter the flour over the mushrooms and cook until you have a thick, sticky paste. Pour in the stock and boil until everything is gloopy. Gradually add the hot milk, stirring between each addition, until you have a thick mushroom sauce, then simmer for 10 mins, stirring occasionally. Remove from the heat and fish out the bay leaf, then stir in the cream, beef bacon and parsley, and leave to cool slightly.

3 Heat oven to 200C/180C fan/gas 6. Butter a rectangular casserole dish (about 22 x 30cm) with the remaining butter and cover the bottom with a layer of lasagne sheets. Using a slotted spoon, layer about a third of the mushroom mixture and some of the sauce over the pasta, then

scatter over some grated parmesan and drizzle with some truffle oil, if using. Repeat until you have three layers of mushrooms (reserve some sauce), then top with a final layer of pasta. Spread over the reserved mushroom-free sauce – it should be reasonably mushroom-free. Scatter over the remaining grated parmesan and drizzle with more truffle oil. *Can be made a day ahead, covered and chilled.*
4 Bake the lasagne for 20-25 mins until golden and bubbling. Turn the

temperature up towards the end if it's not brown enough. Remove from the oven and leave to stand for a few mins. Cut into squares, scatter over the parmesan shavings and drizzle over some more truffle oil just before serving, if you like.

PER SERVING (8) 561 kcal • fat 31g • saturates 17g • carbs 44g • sugars 5g • fibre 3g • protein 25g • salt 1.7g





Venetian duck ragu

SERVES 6 PREP 15 mins

COOK 2 hrs 30 mins EASY

1 tbsp olive oil
4 duck legs
2 onions, finely chopped
2 fat garlic cloves, crushed
2 tsp ground cinnamon
2 tsp plain flour
2 x 400g cans chopped tomatoes
1 chicken stock cube, made up to 250ml
3 rosemary sprigs, leaves picked and chopped
2 bay leaves
1 tsp sugar
2 tbsp milk
600g paccheri or pappardelle pasta

parmesan, grated, to serve (optional)

1 Heat the oil in a large pan. Add the duck legs and brown on all sides for about 10 mins, then set aside on a plate. Add the onions to the pan and cook for 5 mins until softened. Add the garlic, cook for 1 min, then stir in the cinnamon and flour, and cook for 1 min more. Return the duck to the pan, along with the tomatoes, stock, herbs and sugar. Season, bring to a simmer, then lower the heat, cover with a lid and cook for 2 hrs, stirring every now and then.

2 Carefully lift the duck legs out of the sauce and put on a plate – they will be very tender so try not to lose

any of the meat. Pull off and discard the fat, then shred the meat with two forks and discard the bones. Add the meat back to the sauce with the milk and simmer, uncovered, for 10-15 mins while you cook the pasta. **3** Cook the pasta following pack instructions. Drain, reserving a cup of the pasta water, then add the pasta to the ragu. Stir to coat all the pasta in the sauce and cook for 1 min more, adding a splash of cooking liquid if it looks dry. Serve with grated parmesan, if you like.

PER SERVING 505 kcals • fat 12g • saturates 2g • carbs 62g • sugars 8g • fibre 2g • protein 30g • salt 0.9g

Ricotta gnudi with sage butter

Making these light Italian dumplings takes two days, but it's actually very straightforward and requires little hands-on time.

SERVES 2 as a main or 4 as a starter

PREP 20 mins plus 4 hrs draining and at least 12 hrs chilling

COOK 10 mins **MORE EFFORT** V

350g good-quality ricotta
25g parmesan (or vegetarian alternative), finely grated, plus extra to serve
1 egg yolk
nutmeg, finely grated
225g fine semolina or semolina flour
50g butter
16 small sage leaves
1 heaped tbsp pine nuts, toasted
salad, to serve (we like rocket & red onion)

1 Line a sieve with a piece of muslin or a new J-cloth and place over a bowl. Tip the ricotta into the cloth, then gather up the ends, secure with an elastic band and leave to drain for 4 hrs.

2 Transfer the drained ricotta to a bowl. Beat in the parmesan, egg yolk and a good grating of nutmeg, and season well. Add the semolina to a baking dish or large plastic container. Wet your hands, dip them in the semolina and, working quickly, scoop 1 heaped tsp of the ricotta mix into your hands and gently roll into a ball (don't worry if it's not perfect). Place the ball in the semolina dish and roll around so that it is totally covered, then pick it up, shape it into a smooth ball between the palms of your hands and pop back into the semolina. Continue with the rest of the mixture – you should make about 24 balls. Leave the balls in the dish of semolina, cover with baking parchment (not cling film) and chill in the fridge for at least 12 hrs (although 24 hrs is better) so that the balls of ricotta form a skin around the outside.

3 When ready to serve, bring a large pan of salted water to the boil. Turn down to a simmer, gently add half the gnudi and cook for 2-3 mins – when they're ready they will float



to the top. Scoop out with a slotted spoon and transfer to a sieve, then cook the other half.

4 Slowly melt the butter in a small frying pan. Add the sage leaves, making sure they don't overlap, and sizzle until crisp. Transfer to a plate lined with kitchen paper. If the butter has turned a nutty brown, remove from the heat; if not, continue to bubble until lightly browned. Divide the gnudi between

warmed plates, drizzle over the browned butter, top with the sage and pine nuts, and serve with some parmesan, black pepper and a salad.

PER SERVING (4) 501 kcal • fat 28g • saturates 14g • carbs 44g • sugars 2g • fibre 2g • protein 19g • salt 0.6g



Spinach & ricotta gnocchetti

SERVES 4 **PREP** 10 mins plus chilling
COOK 10 mins **EASY** V

200g baby spinach
small handful parsley leaves, finely chopped
1 garlic clove, crushed
140g ricotta
85g plain flour
2 eggs
100g vegetarian hard cheese, grated, plus extra to serve
good grating of nutmeg
olive oil and rocket, to serve

1 Put the spinach in a bowl, cover with boiling water, leave for 2 mins until wilted, then drain and leave to cool. Wrap a clean tea towel around the spinach and, holding over a

sink, squeeze out as much water as possible, then chop.

2 Put the spinach, parsley, garlic, ricotta, flour, eggs, cheese and a good grating of nutmeg into a bowl, season and stir until everything is fully mixed. Using wet hands, form into walnut-sized balls, then chill for at least 30 mins.

3 Turn the oven on low and bring a large pan of water to the boil. Reduce the water to a simmer, then cook the gnocchetti in batches of eight to 10 – when they rise to the top, give them about 1 min more. Remove with a slotted spoon and keep warm in the oven while you cook the rest. Serve drizzled with olive oil, with rocket and some extra cheese.

PER SERVING 287 kcal • fat 15g • saturates 8g • carbs 19g • sugars 2g • fibre 2g • protein 20g • salt 0.9g

Springtime minestrone

SERVES 4 **PREP** 5 mins
COOK 5 mins **EASY** V

200g mixed green vegetables (we used asparagus, broad beans and spring onions)

700ml hot vegetable stock

140g cooked pasta (spaghetti works well), chopped into small pieces

215g can butter beans, drained and rinsed

1 tbsp vegetarian green pesto, plus extra to serve

1 Put the vegetables in a medium saucepan, add the stock, bring to the boil, then reduce to a simmer until the veg are cooked through, about 3 mins.

2 Stir in the cooked pasta, beans and pesto. When warmed through, ladle into bowls and top each with a drizzle of pesto.

PER SERVING 125 kcal • fat 4g • saturates 1g • carbs 16g • sugars 3g • fibre 4g • protein 8g • salt 0.7g



RAMADAN KAREEM



TRÈSIND

Break your fast with a special set menu
priced at
AED 150++

Call +971564209754 / +97143080440 for more details and reservations.

Orecchiette with anchovies & purple sprouting broccoli

SERVES 2 PREP 10 mins
COOK 15 mins EASY

200g orecchiette
4 tbsp olive oil
6 anchovy fillets in oil, chopped
(reserve 1 tbsp oil)
4 fat garlic cloves, thinly sliced
1 red chilli, thinly sliced
1 lemon, zested, $\frac{1}{2}$ juiced
50g fresh breadcrumbs
200g purple sprouting broccoli

1 Cook the pasta following pack instructions. Meanwhile, heat 3 tbsp of the olive oil and the oil from the anchovies in a frying pan. Cook the garlic and chilli for 3-4 mins until the garlic is just starting to turn golden, then add the anchovies and lemon juice, and cook for 1-2 mins more until the anchovies melt into the sauce. Heat the remaining olive oil in another frying pan, add the lemon zest and breadcrumbs, and cook until crisp.

2 When the pasta has 4-5 mins to go, add the broccoli to the saucepan. When cooked, drain

(reserve a ladle of the pasta water), then stir into the anchovies and garlic. Cook over a low heat for 2 mins, adding some pasta water if it looks dry. Season, then serve in bowls with the lemony crumbs sprinkled over the top.

PER SERVING 624 kcs • fat 27g • saturates 4g •
carbs 76g • sugars 4g • fibre 6g • protein 21g • salt 1.5g





WHAT'S YOUR FLAVOUR?

NOMINATE YOUR FAVOURITE NOW!

**GREAT
FLAVOUR
AWARDS**

The Great Flavour Awards recognise the very best ingredients available to consumers throughout the UAE. We believe that it is our responsibility to enhance the produce consumers use every evening to prepare their family meals, showcase local food production, identify what really is organic and healthy and celebrate those supermarkets, delicatessens and food distributors that constantly strive to improve the level of produce on their shelves.

We have more than 100 categories within which you can nominate products that you believe deliver the best taste to the table.

This will be undoubtedly the only awards within the Middle East with a focus on excellent food produce and our blind tasting methodology will ensure only the best products are recognised and will serve as a guide for consumers wanting the best taste for their home cooked meals.

Submit your nomination here:

bbcgoodfoodme.com/thegreatflavourawards

Wish you were here?

Cast your vote now for the BBC Good Food Middle East Awards and you could be jetting off to the Maldives with a friend on a luxury holiday worth over Dhs12,000!



VOTE AND WIN

The eighth annual BBC Good Food Middle East Awards celebrate the best in food from across the region as voted for by you.

There are 40 categories in which you can place your votes, from your favourite Food Truck or Latino Restaurant to Staycation, Brunch and more.

To be in with a chance of winning an amazing three-night stay for two at The Sun Aqua Vilu Reef Maldives including a snorkeling excursion and spa treatments worth over Dhs12,000, all you need to do is hit the 'share' button after you have cast your votes online!

bbcgoodfoodme.com/awards/2017

#BBCGFMEAWARDS

Appliance Partner



Water Partner



Kitchenware Partner



Event Partner



Venue Partner



Beverage Partner



Voting Prize Partner



Prize Partners



Official Publication



Organiser



Cookie twists

Who doesn't love a gooey chocolate chip cookie? We give you a classic recipe, plus three ingenious flavour twists – perfect for using up bits and bobs you might have in the storecupboard

recipes SOPHIE GODWIN photograph TOM REGISTER

Chocolate chunk

MAKES 10 **PREP 20 mins**
COOK 12 mins **EASY** ✨

120g butter, softened
75g light brown sugar
75g golden caster sugar
1 medium egg
1 tsp vanilla extract
180g plain flour
½ tsp bicarbonate of soda
150g dark chocolate,
cut into chunks

1 Heat oven to 180C/160C fan/gas 4 and line two baking sheets with parchment. Cream the butter and sugars together until very light and fluffy, then beat in the egg and vanilla. Once combined, stir in the flour, bicarb, chocolate and ¼ tsp salt.

2 Scoop 10 large tbsps of the mixture onto the trays, leaving enough space between each to allow for spreading. Bake for 10-12 mins or until firm at the edges but still soft in the middle – they will harden a little as they cool (no one likes an overbaked cookie!). Leave to cool on the tray for a few mins before eating warm, or transfer to a wire rack to cool completely. *Will keep for three days in an airtight container.*

PER COOKIE 308 kcal • fat 16g •
saturates 10g • carbs 35g • sugars 21g •
fibre 2g • protein 3g • salt 0.5g

2 Pumpkin seed

Substitute 50g flour with **3 tbsp cocoa powder**. Add **50g toasted pumpkin seeds** along with the chocolate, then sprinkle with a **pinch of flaky sea salt** before baking.

3 White chocolate & pretzel

Substitute the dark chocolate for **100g chopped white chocolate** and **50g mini pretzels**. Break some of the pretzels up a little, but keep others whole to decorate the tops of the cookies.

1 PBJ

Use just **70g butter** and leave out the dark chocolate. Cream **50g peanut butter** with the butter and sugars, then add **2 tbsp chopped peanuts** along with the flour. Make a thumbprint in the centre of the cookies and fill each with **1 heaped tsp raspberry jam** before baking.



my life on a plate

Gary Barlow

We all have a recipe that brings back childhood memories and one we'd like to pass on to the next generation. The Take That singer and BBC *Let it Shine* judge shares his

interview ROSANNA GREENSTREET *portrait* BLAIR GETZ MEZIBOV

One of the UK's most accomplished and successful singer-songwriters, Gary and his wife, Dawn, recently celebrated their 17th wedding anniversary. They have three children, Daniel, 16, Emily, 14, and Daisy, eight.

The recipe I grew up with – The best Cheshire potatoes

I had a happy childhood in Cheshire: my parents were one of the few couples in history who never argued and we always had dinner together as a family. My older brother Ian and I were taught to sit at the table and eat with a knife and a fork. It was strict in a nice family way.

We weren't well off, but we weren't poor. My dad had two jobs, so we had a colour telly before anyone else and a record player. My mum and dad loved music and we used to listen to The Beatles, Abba and the Bee Gees. Dinner had to fit between dad's jobs, so we'd eat early at 5pm. He worked as a product manager, then in the evening he'd work on a farm doing tasks like getting the cows in from milking.

One of my childhood memories is sitting at the table eating Cheshire potatoes. Cheshire potatoes are the absolute best – light, fluffy and sweet. In the first two or three weeks of the season, you get all the little ones, and you don't have to peel them, just scrub, boil and eat with bacon and a bit of butter. You don't need anything else: that is a dinner from heaven, right there.

The recipe I'd like to pass on – Mum's ultimate roast chicken pie

My mum was the cook and we had a rota of evening meals that never changed – Monday was fish fingers, Tuesday hamburgers. Friday was the night I looked forward to most

because there was no school for two days and we had chicken pie. I love pastry, it's warm, it's filling, it's British. A pie is a treat now but, whenever I go to mum's, I always request chicken pie. I'd love to pass that recipe on because, when I went to live on my own, it was one of the first things she taught me to make.

My greatest fear is going back to where I was in 2002, when I didn't have a record deal and I was very fat; I don't want to use the F-word but I am going to have to, because I was.

So Dawn and I are pretty strict with our own eating. At the moment we are loving Persian and Thai food. I often do a Thai fish curry. I know the basics and I make it up as I go along, and often cook one a day in advance. A curry always tastes better the next day and, because I'm out all day working, I cook stuff to take with me. I also do a really good spag bol and sneak in a bit of Worcestershire sauce; that always gets clean plates.

I try not to be a food fascist around the kids. We've never forced them to eat anything they don't want to. Dawn and I often eat separately from the children, as I frequently don't get in until 7pm or 8pm, so unfortunately family meals aren't quite like the ones I remember from childhood.

[@garybarlow](#)

Gary Barlow and Tim Firth's musical comedy, *The Girls*, is at the Phoenix Theatre in London (thegirlsmusical.com)





Mum's ultimate roast chicken pie

Make your own pastry for total indulgence, or if you're rushed for time, ready-made shortcrust will be almost as delicious.

SERVES 6 **PREP** 45 mins
COOK 2 hrs 15 mins **MORE EFFORT**

For the pastry

250g flour
1 tsp salt
60g cold butter
60g cold lard

For the filling

1 whole chicken, rubbed with butter or drizzled with olive oil
1 tbsp olive oil
6 rashers smoked streaky beef bacon, chopped into lardons
3 leeks, sliced into rounds
45g butter
45g plain flour
225ml milk
200ml chicken stock
100g petit pois
1 tsp wholegrain mustard
25g pack parsley, roughly chopped
1 egg, beaten, to glaze

1 Heat oven to 180C/160C fan/gas 5. Season the chicken and roast for 1 hr 30 mins until the juices run clear when you cut into the leg.

2 To make the pastry, sift the flour and salt into a bowl, then grate in the butter and lard. Rub the mixture with your fingers into breadcrumbs, then

add 2 tbsp cold water. Continue to add cold water, 1 tbsp at a time, until the mixture binds together. Be careful not to add too much. Wrap in cling film and leave to rest while you make the filling. (Alternatively you can use ready-rolled shortcrust pastry)

3 In a large, non-stick frying pan, heat the oil, then fry the bacon. Once browned, reduce the heat, add the leeks and cook until they have softened. Mix the butter and flour into a paste and add to the pan, stirring to coat the bacon and leeks. Slowly add the milk, stirring constantly to ensure the mixture doesn't get lumpy. Add the chicken stock and petit pois, cook for 2 mins, then add the mustard and remove from the heat. Once the chicken is cooked, remove from the oven, leave to rest briefly and carve the meat, discarding the skin and bones. Add this to the pan along with the parsley.

4 Turn the oven up to 220C/200C fan/gas 6. Roll out two-thirds of the pastry and use to line a 25cm pie dish. Spoon your filling on top, then roll out the remaining pastry for the pie topping. Brush the edges of the pastry in the pie dish with water, then lay the top over it. Crimp and seal the edges and use any off-cuts for decoration. Brush with the beaten egg, then make an X-shaped cut in the middle for steam to escape. Bake for 45 mins until golden.

GOOD TO KNOW fibre

PER SERVING 751 kcal • fat 43g • saturates 19g • carbs 44g • sugars 5g • fibre 6g • protein 46g • salt 2.4g

The best Cheshire potatoes

SERVES 6 **PREP** 10 mins
COOK 30-35 mins **EASY**

Boil **750g Cheshire potatoes** (scrubbed but not peeled) for 30-35 mins until softened.

Fry **6 chopped rashers smoked beef bacon** until crispy. Once the potatoes are cooked, toss into a large bowl with the crispy bacon. Sprinkle with salt and top with **40g good-quality butter** cut up into pieces. Serve while the butter is melting.

GOOD TO KNOW gluten free

PER SERVING 214 kcal • fat 11g • saturates 5g • carbs 21g • sugars 1g • fibre 2g • protein 7g • salt 0.9g





An Abu Dhabi *escape*

Beat the heat this summer and head to St. Regis Abu Dhabi, where you'll find a multitude of exciting culinary offers to keep you and your taste buds entertained.

By Sophie McCarrick



Text by SOPHIE MCCARRICK | Photographs SUPPLIED



Where:
ST. REGIS ABU DHABI,
NATION TOWERS, CORNICHE
What's it like:

Upon arrival at the property, the luxurious experience begins. Centred with a stunning grand staircase, the St. Regis Abu Dhabi has one of the most beautiful and sophisticated lobby's I've seen in this region, and the whole welcome experience oozes tasteful opulence. Decorated with deep golds, creamy marble, regal reds, and crystal chandeliers, it's a gorgeous hotel inspired by the legacy of the Astor family from New York's Gilded Age and local heritage of the UAE's capital.

Boasting 283 guestrooms and suites from the 33rd to the 49th floor, rooms offer stunning views over the Arabian Gulf. Once checked, the St. Regis Butler Service sweeps in to warmly greet and ensure everything you need is in order – a very nice touch that wasn't at all intrusive.

With the day ahead, we head to Nation Riviera Beach Club to cool off, which is just across the road from the hotel but accessible via an air conditioned underground tunnel. It's an exclusive beachfront with pool (which is cooled) and beach access, equipped with a fitness facility, an adorable little water park called 'Treasure Island Children's Club', a swim-up bar and on-the-beach eatery 'Cabana Bar & Grill'. If you don't fancy the little stroll over to Nation Riviera, the hotel also has a rooftop swimming pool (also cooled) with bar, and plenty of sun loungers. To continue the relaxation, the Remede Spa is located on the same floor, as well as a gym.

What's to eat? When it's time to eat we head to Villa Toscana, the hotel's Italian restaurant serving traditional Tuscan cuisine. As we sit I get that "the food here must be good!" feeling, as I notice more than six tables full of Italians chatting



away, passing pans of creamy looking risotto back and forth. And, my gut instinct was right! Dinner begins with warm, doughy focaccia, served with high-quality olive oil and balsamic – dreamy. Highlights of the evening include burrata with papa al Pomodoro, focaccia crouton and emulsion of basil pesto, porcini risotto with fried oyster mushrooms (the seafood risotto was also scrumptious!), the pappardelle pasta ‘Senese style’ in dolceforte lamb sauce with sage and roasted pine nuts, and the succulent grilled rack of lamb, which was subtly marinated in rosemary and mint. All pasta here is made in-house and speciality ingredients are sourced freshly from Italy – and you can tell! Villa Toscana is open for dinner and hosts a Saturday Tuscan Brunch from 12.30 – 4pm each week, with prices starting at Dhs160++ with soft beverages.

If you fancy something a little closer to home, Azura, specialises in Arabic fare and shishas overlooking the Corniche. This spot is idyllic for sundowners with views over the coast (camera at the ready!).

During the day, we enjoyed lunch at Cabana Bar & Grill where there’s everything from freshly grilled prawns and steak, to burgers, sandwiches and salads. This venue is also open for dinner at night; a nice spot for a romantic evening with your toes in the sand.

Next up, offering everything from breakfast, lunch, dinner and brunch, the Terrace on the Corniche is the hotel’s signature all-day dining restaurant. Serving a range of cuisines, this place serves something for everyone, from gorgeous grills, to freshly prepared sushi rolls. During brunch, don’t miss the room hidden in the Cigar Lounge next door, dedicated to chocolate, and chocolate only!



Across the road next to Nation Riviera, there’s also Asia da Cuba – a Latino-inspired restaurant, and Catch, a seafood-led outlet.

Unmissable gourmet experiences: In line with all its grandeur, St. Regis Abu Dhabi offers a host of food-driven experiences that I’d highly recommend planning your visit around.

First up, on the last Friday of every month (except during Ramadan), the property’s Abu Dhabi Suite – which is officially the world’s highest suspended suite that spans between the 48th and 49th floors – opens for an exclusive brunch journey that explores the bedrooms, cinema, spa and two-floor majlis. For 50 diners at a time only, expect to delight in a cinema full of candy, a dedicated cheese and dessert room, a caviar ice-bar, an oyster room, and roaming chef stations – you can even pop to the suite’s private spa for shoulder massages or manicures! Brunch in the Clouds is exclusively an



adult only affair, priced at Dhs500++ per person or Dhs750++ with bubbly.

Next up, and not for the faint-hearted (or vertigo sufferers), once a month St. Regis Abu Dhabi opens its helipad for 20 members of the public to experience a ‘Helipad Sunset Supper’, 255 metres in the air. Met on the rooftop helipad by a brigade of chefs, butlers, mixologists, waiters and a saxophonist, the experience includes culinary treats like premium caviar, fresh oysters and extravagant canapés and more. Priced at Dhs400++ or Dhs550++ with bubbly, the concept runs throughout winter months only on the second Friday of each month.

Bottom line: This hotel allows you to take things down a notch and offers all you need for a revitalising and luxurious weekend away, whether it be for a romantic stay with your other half, or a family staycation with the kids.

Get in touch: For more information or to make a hotel or restaurant reservation, please contact: +971 (2) 6944444 | stregisabudhabi.com.



MEET OUR FINER SIDE

One app. Thousands of Buy One
Get One Free offers.



There's nothing better than a luxury meal, unless it's two luxury meals for the price of one. The Entertainer Fine Dining App gives you over 1,000 Buy One Get One Free offers in fine dining restaurants and upmarket bars across the city.



TheMeatCo 



CRESCENDO



theentertainerme.com

Marina O'Loughlin eats

La Rochelle

This compact city, set on the Bay of Biscay on France's Atlantic coast, packs an astonishing array of places to eat and drink into a small area. Our columnist recommends her favourites





La Suite



Le Tout de Cru



La Guignette



If any small city in the UAE was blessed with as many restaurants as La Rochelle, it would become a place of fevered foodie pilgrimage. Here, streets bristle with bistro after bistro, brasseries, bars and many, many seafood specialists. The locals deal with this bounty with a small so-what shrug: why wouldn't we? But for us, it would be as though Al Ain suddenly sprouted as many places to eat out as central Dubai.

We're staying at the traditionally comfortable **Hotel Champlain** (hotelchamplain.com), perfect for exploring the ancient, porticoed streets. How to choose from La Ville Blanche's riches? There's everything from Michelin stars to converted boats selling fried seafood by the waterfront. The most heavily populated restaurant areas, by the Vieux Port, is dominated by two imposing medieval towers, Tour Saint-Nicolas and Tour de la Chaîne.

Of the three quaysides, two appear to be entirely dedicated to eating and drinking. As is rue St Jean du Pérot, where we're seduced by the famous **Ernest le Glacrier** (ernest-le-glacier.com). We wallow in caramel ice cream spiked with local salt while watching the nautical life.

The beloved **André** (barandre.com) is a kitsch Disneyland of a fish restaurant (if they can drape it with nets, anchors and glass floats, they will), but a bit more our speed, across the inlet on rue Saint-Nicolas, is cool little cooperative restaurant **Prao** (prao.biz). With its brick walls and bearded barman, it's the nearest La Rochelle gets to hipster. There's no microwave, no freezer: they pride themselves on their freshness and locality (sadly, no longer a given in provincial France): we love our black pudding 'samoussa' with 'black butter' made from vastly reduced apple, and massive, garlicky sausages from a local farm glazed with their own barbecue sauce. Unusually, they also do a splendid Sunday brunch. They have a gift shop and deli down the road for those essential sea salt caramels and records. Why not?

Local insider intel leads us to **La Suite** (lasuite.co), whose chef, Johan Leclerre, is one of the 'Meilleur Ouvriers de France' (Best Craftsman of France). But, with its nightclubby champagne bar, snooty staff and tendency to over-accessorise – I'm not sure that foie gras really needs a balsamic glaze and discs of Chioggia beetroot – it's not really our kind of place.

In a teeny and exquisite square off rue Saint-Nicolas is lovely little **La Solette**

(11 rue de la Fourche), which benefits – as most places do when off the beaten track – from a very local clientele. We eat tartare and a croustillant de chèvre (goat's cheese tart) under the trees. Then, rather than having dessert, we find ourselves repairing to **Le Panier de Crabes** next door (owned by the same people) for a spankingly fresh platter of fruits de mer. These sweet little neighbours provide my favourite La Rochelle lunch.

Rue Saint-Nicolas is also home to the ancient, semi-legendary **La Guignette** (la-guignette.fr), where supremely saturnine men serve bottles of the eponymous liquor, as neon-bright and sugary as any alcopop. 'What's in it?' I ask one. 'Wine and fruit,' he grunts. Hmm. It only opens for a few hours so I'm not sure why they're so grumpy, but it adds to the enchanting vintage atmosphere.

The streets of the old town are lined with shops selling everything from designer clothes to kitchen goods (we nearly acquire a meat slicer in the very well-stocked **Culinarian** (culinarian.com) but resist when I realise a) the price, and b) that it wouldn't fit in our luggage.

A stroll brings us to the mandatory Place du Marché. I had almost dismissed a visit to the inevitable town market on the grounds that, well, when you've



Ernest le Glacier



La Solette



O Parloir



Le Vieux Port

seen one... How foolish of me – this one is an absolute beauty. A historic marché des halles is open daily for racks of oozing cheeses; piled-up rainbows of soft fruits; fougasses, baguettes and paniers from the bread stalls; and saucissons en croûte, salads, stuffed tomatoes, cheesy baked aubergines and pâtés.

And, of course, oysters: we choose from the vast number on offer at **Roumégous** (huîtres-roumegous.fr) and take them to **La Verre et L'Assiette** to down with a glass of Entre-Deux-Mers amid the market's bustle. This is our sharpener before heading to one of the many informal little bistros that fringe the market. Our choice – based only on the fusty cuteness of the interior – is **L'Alcazar Café** (aka Bistro du Marché, 8 rue Gambetta) where we have rough, meaty terrine studded with pistachios and glorious homemade chips with a rosy filet mignon in cider sauce.

For nightcaps, we wind up each evening in the buzzy, bar-lined piazza Cour du Temple (courdutemple.over-blog.com). At **Les Mauvais Garçons**, like the titular naughty boys, we down shooters on the student-rammed terrace. My husband pines for artisan beer from **L'Académie de la Bière** across the way, but sometimes

it's fun to pretend to be down with the yooof. He gets his fix later at hip **Captain Houblon** (captainhoublon.com), with its stock of more than 150 different types of artisan and micro-brewery beers.

It's hard not to fall a little bit in love with this compact, attractive city. But of course, one of La Rochelle's top draws is the bridge over to the Ile de Ré, a tiny island that's the distillation of everyone's French fantasies, a necklace of towns linked by beaches and cycle routes that look as though they've been designed by *Elle Decor*.

We go, with what appears to be an island's-worth of wealthy incomers, to **O Parloir** (oparloir.com). It's the sort of place I imagine does well on TripAdvisor, but its swankiness seems to be missing the shabby-chic point of the island. Truly beautiful garden, though, and the mouclade Charentaise (local mussels in a light, creamy curry sauce) is a wonderful evocation of the sea. I also like the duck parmentier (a sort of shepherd's pie), its mash pierced by a crisp bacon wand.

Le Tout du Cru (tout-du-cru.fr), a little gingham-draped raw bar in an atmospheric alleyway behind the main drag, enchants us. With fine crusty bread and sweet butter, we slurp oyster after oyster and a rather fine, nutty jamón Ibérico de

bellota. Later – much, much later – we head for the deliciously raucous and booze-fuelled **Le Bistro du Marin** (bistrotdumarin.com) with what seems to be every stylish boat owner in the area, for Kir Royales and steak tartare. Oh, and more oysters – why the hell not? When in Charente-Maritime... The '5A' andouillettes de Troyes (sausages made with pork and intestines) – which we can smell before it leaves the kitchen – well, they can keep that particularly delicacy.

For a France that often seems hard to find in these homogenous, globalised, McDonald's days, this corner of the country is pleasingly preserved in aspic. Gourmet aspic, of course.

• For more information, visit france-atlantic.com

Marina O'Loughlin is one of the UK's most knowledgeable food writers, and undercover restaurant reviewer for BBC Good Food and *The Guardian Weekend*. An intrepid culinary traveller, she researches the most exciting places to visit at each destination, so you'll know exactly where and what to eat when you get there.

[Twitter @marinaoloughlin](https://twitter.com/marinaoloughlin) [Instagram @marinapoloughlin](https://www.instagram.com/marinapoloughlin)



MENU
DEVELOPMENT

STANDARD
PROCEDURES



SCAFA CONSULTING

CONSISTENCY

TRAINING



STARTING A RESTAURANT ? SPEAK TO US

A restaurant's success is impacted by a lot of factors including a slice of good fortune. All the other factors are in your control and must be managed to offer a chance of success in a competitive landscape.

With the largest faculty of chef instructors in the region, SCAFA has the unique culinary firepower to develop your restaurant menu and Operating Procedures to ensure consistency for your customers again and again. SCAFA has successfully assisted clients across fast food to fine dining concepts, health foods to juice bars and Japanese cafes to Chinese noodle bars in countries across the region.

To find out how SCAFA can help develop a menu with Operating Procedures for your new (or existing) restaurant please write in to info@scafa.ae and we will get back to you.



Some Of Our Clients



scafa.dubai



scafadxb



scafa.dubai



+9714 3794044



Lake level, Cluster I, JLT

www.scafa.ae



CHICKEN THIS GOOD CAN ONLY COME FROM ONE PLACE.



Tegel Hot Roast Chicken.
Now available at Carrefour.

New to Carrefour, the Tegel range of Hot Roast Chickens are perfect for an easy, delicious meal for the whole family. Tender, juicy and full of flavour, they are available in Peri Peri, BBQ, Garlic & Herb, Tandoori, and Original. What's more, they're cage free with no added hormones and come from the best place in the world for raising chickens: New Zealand.



Share your French
cheese adventure
with us!
#CheeseofEurope

Take a French cheese tour

French cheese is celebrated internationally for its high-quality and expansive variety. Here, we take a deeper look at must-visit French fromageries in Burgundy and the Rhone-Alpes to discover delights on offer. By Sophie McCarrick



BURGUNDY

First stop: FROMAGERIE GAUGRY

Run by the Gaugry family for four generations, this cheese shop became famous for creating 'L'Ami du Chambertin' (Chambertin's friend) cheese. The Chambertin is a famous grape blend in Burgundy and this cheese was created specifically to be paired with it. Here, L'Epoisses is also produced, which is a soft-ripened, washed-rind cheese made with cow's milk.

In production, the rind becomes sticky and begins to glisten as it is regularly washed with a mixture of salt water and Marc de Bourgogne. The maturation period lasts six to eight weeks. This very creamy cheese is sold in a wooden box. With a distinctive red-orange rind, its paste is light beige on the outside and white in the center. Its texture is very soft, creamy and smooth; the aroma is powerful and complex with earthy notes. The taste of Époisses is straightforward, distinctive and persistent, but not as strong as its aroma might lead you to believe. It should not be sharp or aggressive.

What to pair with Époisses:

Combine this cheese with bacon, onions and leeks in a pie. You can also spread it on raisin bread or gingerbread, it's delicious!

Second stop: FROMAGERIE MARC JANIN

This fromagerie is a typical small, local cheese shop named after its owner, Marc Janin – who was also awarded with the 'best cheesemonger in France' title. The speciality of this cheese store is its ripening cave in the shop's basement, where Marc Janin enhances the taste of his cheese. Here, you'll find cheeses like Morbier, Mont d'Or and Comté.





RHONE-ALPES

Third stop:

LE FORT DES ROUSSES

This beautiful building is an old military fort that has been converted into a large ripening cave for Comté cheese. Fort des Rousses operates as cheese flavours enhancer, it keeps a constant temperature and perfect humidity. The stone arches inside give a natural vault effect that favours a cellar atmosphere. The vault effect slowly increases the CO2 and ammonia concentration, which is ideal for maturing the cheese, also giving rise to natural, regular air circulation. Stacked with rows and rows of high shelves filled with the product, there's lots to be learnt about Comté here.

Comté is a cooked pressed cheese made from cow's milk. The Montbéliarde and Simmental breeds used for this cheese are exclusively fed with hay from the designated zone. One wheel of this cheese is a concentrate of 132 gallons of milk (can you believe that!). The cheese is made in flat circular discs, each between 16 in. and 28 in. in diameter, and around 4 in. in height, with each disc weighing upto 110 lb.

The maturation of Comté lasts at least four months, but can be extended to more than twenty-four months. The cheese has a thin, dry, smooth, brown rind. The paste varies from creamy yellow in the winter to a deeper yellow during the grazing period; its appearance is smooth and dense and reveals few or no holes. Its flavour is mild and balanced; its

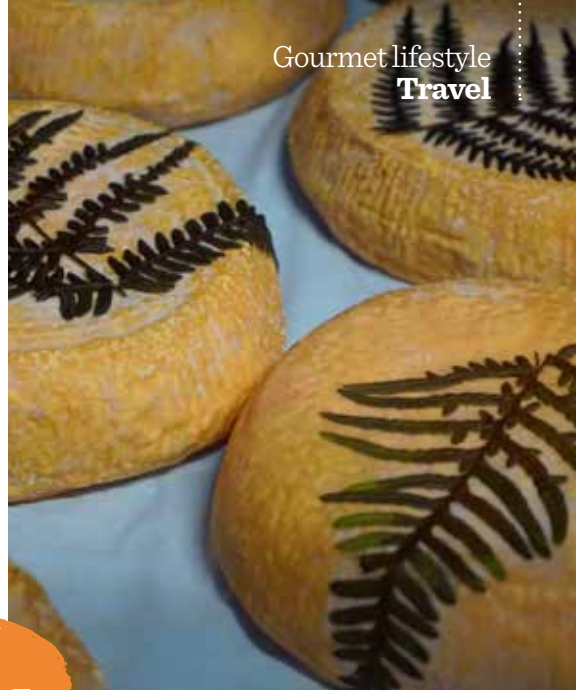
texture is firm and soft; and its aromas are variable and delightful, including fruity, buttery and woody notes, among others.

What to pair with Comté: Comté has a fruity flavour with low acidity: it allows creativity! Enjoy Comté in cubes, on a sandwich, melted in fondue, or grated and sprinkled on your favourite dishes.

PRESSED CHEESE IS THE MOST POPULAR

Pressed cheeses comprise the largest and most popular family, with a variety of textures and flavours. They range from smooth and rich tastes to bold and traditional flavours.

Once the milk has been heated and has coagulated, the cheese curds are drained from the whey and milled or cut up to further expel moisture. After being placed in the various shaped molds, the cheeses are immediately pressed and the aging process can begin. The length of time the cheese is allowed to age will greatly alter its flavour; the average length of time for aging cheeses can be five weeks to six months or more. Extra aged cheeses can be aged two years or more.



First stop:

MONS

MonS is one of the most well-known cheese 'Affineur' in the world. It's a family run business that specialises in the ripening of cheese, as opposed to producing cheese. Taking it back to the beginning, in 1964, Hubert Mons and his wife decided to sell cheese on the markets, where they eventually fell in love with the trade and started their own business. As the years went by, their two sons Hervé Mons (awarded Best cheesemonger in France in 2001) and Laurent Mons have developed the company that became international in the 90' and is now trading with more than 20 countries.

MonS cheese are essentially made from raw milk with farmstead or traditional methods: Comté, Mont d'Or, and Morbier.

SECOND STOP:

FROMAGERIE DU PONT DE LA PIERRE

If you're a lover of blue cheese, this one's the stop for you! At the Fromagerie du Pont de la Pierre, they produce mainly



the well reputed Fourme de Montbrison and Fourme d'Ambert.

Fourme de Montbrison is a cow's-milk cheese that is manufactured in tall cylindrical blocks weighing between 1.5 and 2 kg (3.3 and 4.4 lb). The blocks are 13 centimetres in diameter and 19 centimetres tall – but don't worry, the cheese is sold in

FAN OF BLUE CHEESE?

Blue-veined cheeses are mostly made from cow's milk, except for a few standouts like Roquefort, which is made from sheep's milk. To achieve the blue marbling, various *Penicillium*s are sprinkled in powdered form into the milk or over the curds. The *Penicillium* types vary depending on the desired cheese. During the ripening process, needles are injected into the cheese, creating holes that allow air to enter so that the mold can grow. Blue cheese needs long and careful aging in a temperate and humid environment to fully develop its strong character.

Blue cheeses range in flavour from sharp to robust, and from a creamy to crumbly texture, depending on the age and style of the cheese. There are virtually no two blue cheeses that are alike; it is for this reason that each cheese needs to be judged individually, on its own merit, and on its own flavour.

shops in much shorter cylindrical slices! This cheese has an orange-brown rind with a creamy-coloured pâte, speckled with gentle streaks of blue mould, while its scent is musty and its taste is extremely mild for blue cheese.

On the other hand, Fourme d'Ambert is a semi-hard blue cheese and is interestingly one of France's oldest cheeses dating back as far as Roman times! Made from raw cow's milk in a narrow cylindrical shape, the cheese is aged for at least 28 days.

WHERE TO FIND GREAT CHEESE IN DUBAI

Although most large supermarkets sell French cheese, you're better sourcing from a good retailer who stores cheeses properly and can offer advice. We recommend:

- Carrefour
- Jones the Grocer
- Lafayette Gourmet
- Market & Platters
- Secrets Fine Food



BURGERS FROM AROUND THE WORLD

FOR A LIMITED TIME ONLY

ROCK YOUR TASTEBUDS WITH A MENU OF
LEGENDARY[®] BURGERS FROM AROUND THE WORLD.

Spend AED 250 and enter
the draw to win a travel voucher
worth AED 3,000*.

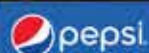
Bring this advert with you & get
a second entry, free of charge *

Ask in store for more details.

*Valid until 30th June 2017.
Terms & Conditions apply.



BARCELONA, EL TORO BURGER



DUBAI | DUBAI FESTIVAL CITY MALL | 04-232-8900

HARDROCK.COM/DUBAI     #THISISHARDROCK

©2017 Hard Rock International (USA), Inc. All rights reserved.



A MEATY BITE OF NEW ZEALAND

Last month, ten professional chefs from kitchens across the UAE went head to head in a mystery box cook-off in the JLT-based SCAFA kitchen, to be in with a chance of taking home the title 'Taste New Zealand Chef of the Year 2017' and a gourmet trip to New Zealand

THE MEAT HEAT





In May, we welcomed ten professional chefs from restaurants and hotels across the UAE at SCAFA (School of Culinary and Finishing Arts) in JLT, to battle it out in the Meat Heat of Taste New Zealand's Chef of the Year Competition 2017 – the third heat of the competition.

The 'mystery box' event challenged chefs with preparing a delicious meal using a minimum of three ingredients from a secret basket comprising the following ingredients: beef tenderloin or ribeye, venison, lamb rack and veal stock.

Made up of three live cooking heats – seafood, meat and poultry – the competition provides an opportunity for chefs to create dishes using a range of fresh New Zealand ingredients.

The judging panel for the Meat Heat comprised industry leaders including Martin Cahill from DUKES Dubai, Francisco Araya of

SCAFA Dubai, and BBC Good Food Middle East's editor, Sophie McCarrick.

From each of the three competition heats now completed, two winners have been selected by the judging panel. The top six finalists have now all earned their spots in the final, which will take place later this year, with the winner crowned as Taste New Zealand 2017 champion at The Pro Chef Middle East Awards on November 6 during a glittering gala dinner at The Habtoor Grande Resort & Spa. The prize? A once in a lifetime return trip to New Zealand to experience the best of New Zealand's food and beverage first hand.

BBC Good Food Middle East would like to thank all 10 chefs who participated in the Taste New Zealand Competition Meat Heat. We look forward to revealing who the winner is in November – best of luck to everyone in the final!

MEAT HEAT WINNERS:

ROUND 1



Chef Mohamed Khalil

Sous Chef, Anantara The Palm Dubai Resort

ROUND 2



Chef Joseph Madurawala

Sous Chef, Lapita Hotel, Dubai Parks and Resorts, Autograph Collection

With thanks to....

PRESENTING PARTNER



EVENT PARTNERS



VENUE PARTNER



Log on to
www.bbcgoodfoodme.com
The only culinary inspiration
you'll ever need!

*Find exciting
competitions
& giveaways
online!*



- ➞ Thousands of tried & tested recipes
- ➞ Expert tips, tricks & skills
- ➞ Inspiring travel, nutrition and lifestyle features
- ➞ Chef interviews
- ➞ Food Club events and competitions

Plus lots more...



BBC
goodfood
Middle East



WIN!

**A 2-night stay at
Al Ain Rotana,
worth more than
Dhs5,000!**

A two-night stay in Al Ain Rotana's exclusive Falaj Suite with breakfast and dinner for two at Zest Restaurant!

A five-star hotel in the heart of Al Ain city is where Al Ain Rotana is located, just a few minutes away from all facilities and touristic attraction sites. Experience the warmth of traditional Arabic hospitality, modern luxuries and find a wide variety of services, six world-class restaurants and bars featuring the world famous Trader Vic's the French-Polynesian restaurant.

Comfort and style take on a whole new meaning at the Al Ain Rotana. In a home away from home, you can wake up to the beautiful view of an enchanting garden and start your day with a swim in the pool, a workout at the gym or relax your

mind, revive your soul and rejuvenate your body at Zen the spa at Rotana.

Al Ain Rotana has three wings; Oasis, Wadi and Falaj all of which are named after water bodies. The exclusive wing Falaj is an Arabic word that means water channel and is the ultimate getaway for luxury seeker.

All these facilities combined together create the right mixture to satisfy the weekend travellers seeking peace and tranquillity in Al Ain Rotana as its famous for being a weekend destination to escape the big cities and enjoy a relaxing weekend.

The prize draw for a two-night stay inclusive of breakfast and dinner for two at Al Ain Rotana will be made at the end of June 2017. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

What is the meaning of Falaj in English? A) Water channel B) Oasis C) Luxury

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



**FREE DHS150
DINING VOUCHER!**



SUBSCRIBE NOW

*for only Dhs150 and get 12
issues for the price of 10!*

Each month, BBC Good Food ME brings you fresh, fabulous recipes and a host of foodie news and features, so you don't want to miss an issue! It's a world-class magazine at a local price.

Not only will you get your favourite foodie magazine delivered straight to your door for one year, you will also be the first to receive the latest recipes, foodie news, event invitations, competitions and more.

Buy your subscription online now at
subscribe.cpimediagroup.com

YOUR GIFT!

This month, get ready to experience Frankie's Italian Bar & Grill, a specialty restaurant created by Michelin Star Chef; Marco Pierre White and Frankie Dettori, the world famous jockey. You'll be spoilt for choice as their menu features over 80 different items which include traditional pasta's and pizza's as well as more innovative dishes such as truffle rice croquettes and eggplant roulade. Located on the ever popular and bustling JBR walk with a relaxed and cosy atmosphere in the restaurant, Frankie's also boasts a vibrant bar with live entertainment which you can enjoy before or after dining.



**THE FIRST 30
SUBSCRIBERS**

DURING JUNE WILL RECEIVE A
COMPLIMENTARY DHS150
VOUCHER TO DINE AT FRANKIE'S.

Terms & Conditions

- Magazine subscription will begin with the following months copy of the magazine after payment has been made and delivery address confirmed.
- Magazine subscription cannot be cancelled or refunded.
- Offer available to the first 30 subscribers until 30th June 2017.
- Gift is to be collected from our offices and cannot be refunded or exchanged.

MAGAZINE RETAIL PRICE IS DHS15 PER MONTH AT ALL LEADING SUPERMARKETS, BOOKSTORES AND PETROL STATIONS.



WIN!

**A 2-night stay for 4
at Marriott Hotel Al Forsan, Abu Dhabi,
worth Dhs5,000!**

An exciting getaway staycation for two-nights at Marriott Hotel Al Forsan, Abu Dhabi for two adults and two children under 12 years old!

This 400-bed five-star hotel offers sophisticated design and innovation throughout, with inspirational views and new experiences for all travellers to Abu Dhabi, keeping the mind balanced, sharp and inspired.

Only ten minutes from the airport, Marriott Hotel Al Forsan Abu Dhabi sits within the easily accessible and vibrant Khalifa City at the heart of Al Forsan International Sports Resort. The resort offers football and rugby pitches, basketball, tennis and volleyball courts, two indoor themed tournament paintball arenas. There's even a 1.2k professional karting circuit, off road buggy race track, shooting facilities, equestrian centre, polo field and a stunning lake with water-

ski and wakeboarding cableway system.

The hotel boasts 400 spacious bedrooms and suites, six signature restaurants and bars, state-of-the-art meeting rooms, an executive lounge and a fully-equipped health and leisure club with extensive wellness facilities, a world-class spa, a stunning 50-meter Olympic lap outdoor pool and a Kids zone.

The 5-star hotel showcases the Marriott Hotel brand innovation through sophisticated design, modern services and amenities that enable the next generation of travellers to 'Travel Brilliantly', through every aspect of their stay.

The prize draw for a two-night stay for four at Marriott Hotel Al Forsan, Abu Dhabi will be made at the end of June 2017. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

How many signature restaurants and bars does Marriott Hotel Al Forsan, Abu Dhabi have?

**SCAN THIS QR CODE
TO GO STRAIGHT TO
OUR WEBSITE.**



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



WIN!

START YOUR WEEKEND THE HEALTHY WAY WITH A BREAKFAST FOR 4 AT FLOW'S! WORTH DHS500

It's the 'most important meal of the day' for a reason. A healthy breakfast can sustain energy levels, improve performance and help maintain a healthy weight. Luckily, Dubai's newest home-

grown health hub and creative workspace, Flow, is open for breakfast, all throughout the day. With an on-trend menu featuring only the best quality ingredients to cater for healthy lifestyles, breakfast at Flow is an adventure in fresh, natural food. And, whether you're an early bird hoping to catch the worm after a midweek gym session, or you struggle to roll out of bed before 11am on a weekend, Flow's breakfast menu makes sure you can start your day how and when you want to.



WIN!

A MONTH'S SUPPLY OF VITA COCO COCONUT WATER AND COCONUT OIL! WORTH DHS430

Vita Coco Coconut Water is loaded with naturally occurring electrolytes and bursting with potassium which means that whether you're drinking it to cool down, adding it to your smoothie

or swapping it for a sports drink; it will help keep you hydrated and feeling great! New on the market, Vita Coco Coconut Oil is proving very popular with health focused consumers across the region. This little jar of wonders is organic, 100% raw, extra virgin and cold pressed. It's the oil with a multitude of usages across health, beauty and cooking. Eat it, wear it, live by it!



WIN!

A YEAR'S SUPPLY (8 PACKS) OF FAIRY PLATINUM DISHWASHER TABLETS! WORTH DHS328

Spend less time cleaning by eliminating the need for pre-rinsing with Fairy Platinum dishwasher tablets. The New Fairy Platinum tablets provide an unbeatable first time clean. This new exclusive non-phosphate formula accelerates hydration and targets the breakdown of tough

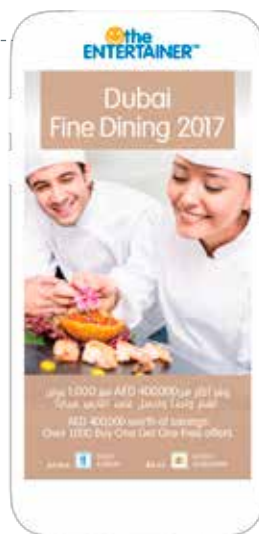
stuck-on foods, eliminating the need to pre-rinse, even on stubborn baked-on greasy dishes. One small tablet packed with power will get your dishes clean from the first wash, no matter how tough the job.



WIN!

A DINING VOUCHER TO SPEND AT AMERICAN SUGAR FACTORY! WORTH DHS300

Celebrity favourite, American Brasserie serves over-the-top desserts including monster milkshakes, smoking dry-ice goblet, the King Kong Sundae and delicious ice cream sandwiches. The eatery also serves a huge variety of inventive and mouthwatering upscale dining classics, gourmet burgers, sandwiches, salads, pizzas and more served all day long. A place where birthdays and special occasions are celebrated in a triumphant way. Located at Dubai Festival City.



WIN!

THE ENTERTAINER FINE DINING 2017 APP! WORTH DHS495

There's nothing better than a luxury meal, unless it's two luxury meals for the price of one! Packed with fantastic offers of Dubai's best restaurants, the Entertainer Fine Dining App has quickly become an essential for foodies in the region and now you have the chance to get your hands on it for free. Featuring over 1,000 Buy One Get One Free offers, the Entertainer Fine Dining App opens the door to high end

restaurants and up market bars, including renowned names such as Asia Asia, El Sur, The Meat Co. and Al Iwan in the Burj Al Arab. The 2017 version showcases amazing new inclusions such as Bread Street Kitchen & Bar, Yuan and Toko Dubai as well as over 500 Buy One Night Get One Free at hotels across the Middle East, Asia and Africa.



To be in with a chance of winning these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



Layali Zaman

Create a memorable Ramadan experience with your family and friends at Layali Zaman. The perfect place to gather with your loved ones for iftar with interactive cooking stations, shisha selection, traditional favourites and live entertainment.

Iftar at AED 165* daily from sunset

For private venues and exclusive group bookings from 30 to 1500 persons, please contact us on:
Eventshub.Lmdubai@Lemeridien.com or 04 702 2618

Price inclusive of 10% service charge & 10% municipality fee.
Price and package vary for private and exclusive group events

Le Méridien Dubai Hotel + Conference Centre, Airport Road, Dubai, UAE
T 04 702 2455 | E Restaurants.Lmd@Lemeridien.com | [f](#) [i](#) [t](#) [t](#) [#layalizamandubai](#)



#BRUNCH068

BRUNCH 068

WITH A LICENSE TO GRILL

When the world is not enough, unleash your inner Bond and experience the high life at the brunch. With a license to grill, this exciting brunch will satisfy even the most discerning palate. Live another day while sipping on signature beverages and taking in Dubai's daring views from the world's tallest hotel.

Every Friday, 1pm to 4pm, starting from AED 495 'For Your Eyes Only'

For reservations please call +971 4 414 3000 or email jwmmrr@marriott.com